Panasonic

DIMENSION 4

COOKERY BOOK

AND OPERATING INSTRUCTIONS

For Models: NN-C897W/897S
NN-C877W/877S

Standard Conversion Chart

Weight		
½oz	–	15g
1oz	–	25g
2oz	–	50g
3oz	–	75g
4oz	–	100g
5oz	–	150g
6oz	–	175g
7oz	–	200g
8oz	–	225g
9oz	–	250g
10oz	–	275g
11oz	–	300g
12oz	–	350g
13oz	–	375g
14oz	–	400g
15oz	–	425g
1lb/16oz	–	450g

Capacity		
½tsp	–	3ml
1tsp	–	5ml
1tbsp	–	15ml
¼pt	–	150ml
½pt	–	300ml
¾pt	–	450ml
1pt	–	600ml
1¾pt	–	1litre

When using recipes in this book always follow metric or imperial measurements. Do not combine the two. In some recipes the conversions are not a direct equivalent due to recipe result.

Important

Your oven is rated 800 Watts (IEC). When using other cookbooks remember to adjust cooking times accordingly. Take care also when using packet instructions on convenience foods. ALWAYS check the progress of the food as it cooks or reheats by simply pressing the door OPEN button and after checking the progress of the food, press START to restart the cooking time.

Failure to follow the instructions given in this Cookbook and Operating Instructions, may affect the recipe result and in some instances may be dangerous.

The Serial number of this product may be found on the door recess. You should note the model number and the serial number of this oven in the space provided and retain this book as a permanent record of your purchase for future reference.

Model No. _____

Serial No. _____

Date of Purchase _____

Acknowledgements:

Photography: Sue Atkinson, Arc Studios, London W1.

Film Making and Origination: Deltaset Ltd

Printed by: Wilprint Group Ltd., Cardiff.

Combination Cooking with Panasonic

Operating Instructions

Pages 2–16 of this cookbook are Operating Instructions. These must be read prior to operating the machine. Failure to read these instructions could result in damage to your oven.

Your Dimension 4 oven has 7 different cooking modes to enable you to cook every day food by the most suitable method.

Before you use your oven, be sure to check the following pages carefully for the correct use of accessories and cooking containers.

For fruit, vegetables and fish, the **MICROWAVE** will leave your food tastier but at the same time leave you less washing up. Because the cooking times are very short (and where applicable a minimum of water is used), these foods retain more of their vitamins and minerals. Less fat and sugar are used in microwaving so it is altogether a much healthier way of cooking.

The **CONVECTION** oven provides traditional cooking on one level only.

This oven has a radiant **GRILLING** system. This method offers efficient grilling and has a catalytic lining for easy cleaning.

The **GRILL CONVECTION** mode combines grilling and convection cooking for extra crispness and colour.

Your oven has 3 **COMBINATION** modes, which combine microwaves with convection, grill, and grill convection, to give traditionally browned results even faster.

The special **AUTO PROGRAMS** allow you to use the different cooking modes without needing to calculate cooking times – the oven takes care of this for you.

Before you start to use your oven, read the tips for cooking at the beginning of each chapter and to help you get the best results from your oven, our team of Home Economists working at our Development Kitchen in Bracknell happily answer any queries.

Should you require any further help or explanation, phone our **COOKERY ADVICE LINE: 01344 862108** or write to:

The Microwave Test & Development Kitchen
Panasonic Consumer Electronics U.K. Ltd
Willoughby Road
Bracknell, Berks, RG12 8FP

When writing, be sure to state your model number and daytime telephone number.

Customer Support - 0990 357357
Spares - 01280 823523

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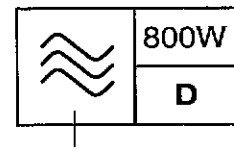
HEATING CATEGORY

Your oven is Heating Category **D** and is displayed on the front of your door. The information on this label will assist you in using new instructions on food packs to enable you to give the best heating time in your oven.



The IEC (705) power output (watts)

The heating category for small packs of food

Microwave symbol

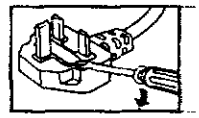
For your safety read the following information carefully

This appliance is supplied with a moulded three pin mains plug for your safety and convenience. A 13 amp fuse is fitted in this plug. Should the fuse need to be replaced, please ensure that the replacement fuse has a rating of 13 amps and that it is approved by ASTA or BSI to BS1362. Check for the ASTA mark ⓐ or the BSI mark ⓑ on the body of the fuse.

If the fuse cover is detachable, never use the plug with the cover omitted. If a replacement fuse cover is required, ensure it is the same colour as that visible on the pin face of the plug (ie. red or orange). A replacement fuse cover can be purchased from your local Panasonic Dealer.

HOW TO REPLACE THE FUSE

Open the fuse compartment with a screwdriver and replace the fuse.



IF THE FITTED MOULDED PLUG IS UNSUITABLE FOR THE SOCKET OUTLET IN YOUR HOME THEN THE FUSE SHOULD BE REMOVED AND THE PLUG CUT OFF AND DISPOSED OF SAFELY AND AN APPROPRIATE ONE FITTED. THERE IS A DANGER OF SEVERE ELECTRICAL SHOCK IF THE CUT OFF PLUG IS INSERTED INTO ANY 13 AMP SOCKET.

If a new plug is to be fitted, please observe the wiring code as shown below. If in any doubt, please consult a qualified electrician. (For U.K. Models only)

WARNING: THIS APPLIANCE MUST BE EARTHED.
IMPORTANT: The wires in this mains lead are coloured in accordance with the following code:
Green-and-yellow - Earth; Blue - Neutral; Brown - Live

As the colours of the wire in the mains lead of this appliance may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

The wire which is coloured GREEN-AND-YELLOW must be connected to the terminal in the plug which is marked with the letter E or by the Earth symbol ⏚ or coloured GREEN or GREEN-AND-YELLOW.

The wire which is coloured BLUE must be connected to the terminal in the plug which is marked with the letter N or coloured BLACK

The wire which is coloured BROWN must be connected to the terminal in the plug which is marked with the letter L or coloured RED.

Voltage & Power
The voltage used must be the same as specified on this microwave oven. Using a higher voltage than that which is specified is dangerous and may result in a fire or other type of accident causing damage.

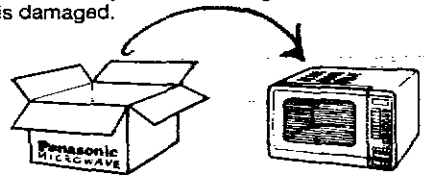
Do not immerse cord, plug or oven in water. Keep cord away from heated surfaces. Do not let cord hang over the edge of table or work top. Do not plug your oven in via an extension cable as this can be dangerous. It is important to plug the oven directly into a wall socket.

The back of the appliance heats up during use. Do not allow the cord to be in contact with the back of the appliance or cabinet surface.

When this oven is installed it should be easy to isolate the appliance from the electricity supply by pulling out the plug or operating a circuit breaker.

Unpacking your oven

1. **Examine Your Oven**
   Unpack oven, remove all packing material, and examine the oven for any damage such as dents, broken door latches or cracks in the door. Notify dealer immediately if unit is damaged. Do NOT install if unit is damaged.



2. **Guarantee Card**
   Fill out and post the pre-addressed guarantee card.

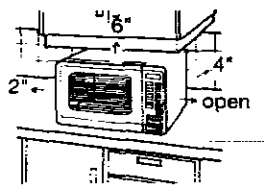
3. **Cord**
   If the supply cord of this appliance is damaged, it must be replaced by the special cord available only from the manufacturer.

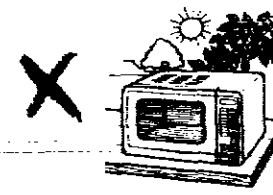
N.B. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

Placement of your oven

Placement of Oven

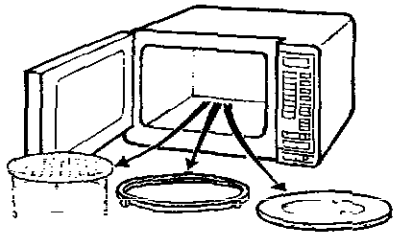
1. Oven must be placed on a flat, stable surface more than 850mm above the floor. For proper operation, the oven must have sufficient air flow, ie 5cm/2" at one side, the other being open; 15cm/6" clear over the top; 10cm/4" at the rear.
2. Do not place the microwave oven on a shelf directly above a gas or electric hob. This may be a safety hazard and the oven may be damaged.
3. Do not block air vents on the rear and bottom or top of the cabinet. If air vents are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable with blank display until it has cooled.
4. Do not use outdoors.





Before Using Your Oven

1. **Before Use**
   Before using CONVECTION, COMBINATION or GRILL *function for the first time operate the oven without food* or accessories on CONVECTION 250°C for 5 mins. This will allow the oil that is used for rust protection to be burned off. This is the only occasion that the oven is operated without food or accessories.



2. **Storage of Accessories**
   Do not store any objects other than oven accessories inside the oven in case it is accidentally turned on. In case of electronic failure, oven can only be turned off at wall socket.

DO NOT OPERATE THE OVEN EMPTY.
The appliance must not be operated by Microwave or Combination WITHOUT FOOD IN THE OVEN.
Operation when empty will damage the appliance.

Caution: Hot Surfaces!

1. **Hot Surfaces**
   Exterior oven surfaces, including air vents, the oven cabinet and the oven door, will get hot during CONVECTION, COMBINATION and GRILLING. Use *care when opening or closing the door and when* inserting or removing food and accessories. The oven has a heater situated in the top of the oven. After using the CONVECTION, COMBINATION and GRILL functions the roof and walls will be very hot.

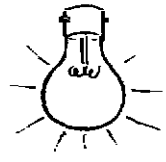
2. Children should be kept away from the oven at all times and should only be allowed to operate the oven under supervision. Ensure that children do not touch the hot outer casing after operation of the oven.

Maintenance of your oven

1. **Service**
   WHEN YOUR OVEN REQUIRES A SERVICE call your local Panasonic engineer (0990 - 357357 Customer Support). It is dangerous for anyone other than a service technician trained by the manufacturer to perform repair service. Do not attempt to remove the outer casing of the oven.

2. **Door Seals**
   Do not tamper with or make any adjustments or repairs to door, control panel housing, safety interlock switches or any other part of the oven. *Do not remove outer panel from oven.* The door seals and door seal areas should always be kept clean – use a damp cloth.

3. **Oven Light**
   The oven lamp must be replaced by a service technician trained by the manufacturer. DO NOT attempt to remove the outer casing from the oven.



4. **Spare Parts**
   These may be ordered from SEME (01280 823523). Ensure you quote correct model number.

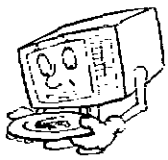
Important Information – Read Carefully

Short Cooking Times

As microwave cooking times are much shorter than other cooking methods it is essential that recommended cooking times are not exceeded without first checking the food.
Cooking times given in the cookbook are approximate. Factors that may affect cooking times are: preferred degree of cooking, starting temperature, altitude, volume, size and shape of foods and utensils used. As you become familiar with the oven, you will be able to adjust these factors.
It is better to undercook rather than overcook foods. If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times.

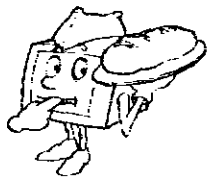
Important.
If the recommended cooking times are exceeded the food will be spoiled and in extreme circumstances could catch fire and possibly damage the interior of the oven.

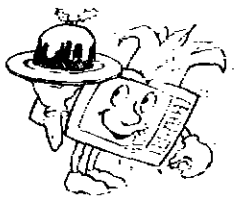
1. **Small quantities of food.**
Take care when heating small quantities of food as these can easily burn, dry out or catch fire if cooked too long. Always set short cooking times and check the food frequently.
NB. If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.



NEVER OPERATE THE OVEN WITHOUT FOOD INSIDE ON MICROWAVE OR COMBINATION.

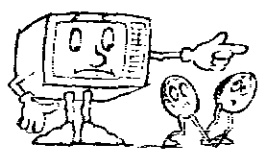
2. **Foods low in moisture.**
Take care when heating foods low in moisture, eg bread items, chocolate, popcorn, biscuits and pastries. These can easily burn, dry out or catch on fire if cooked too long.

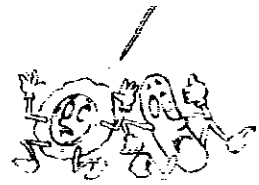




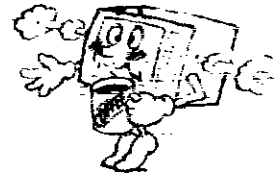
3. **Christmas Pudding.**
Christmas puddings and other foods high in fats or sugar, eg. jam, mince pies, must not be over heated. These foods must never be left unattended as with over cooking these foods can ignite.

4. **Boiled Eggs.**
Do not boil eggs in their shell in your microwave. Raw eggs boiled in their shells can explode causing injury.





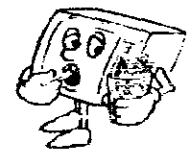
5. **Foods with Skins.**
Potatoes, apples, egg yolk, whole vegetables and sausages are examples of food with non porous skins. These must be pierced using a fork before cooking to prevent bursting.



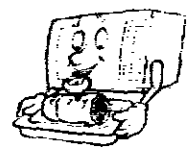
6. **Liquids.**
When heating liquids, eg soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:
   a) Avoid using straight-sided containers with narrow necks.
   b) Do not overheat.
   c) Stir the liquid before placing the container in the oven and again halfway through the heating time.
   d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.

7. **Lids.**
Always remove the lids of jars and containers and takeaway food containers before you microwave them. If you don't then steam and pressure might build up inside and cause an explosion even after the microwave cooking has stopped.

8. **Deep Fat Frying.**
Do not attempt to deep fat fry in your oven.

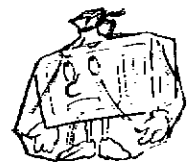


9. **Meat Thermometer.**
Use a meat thermometer to check the degree of cooking of roasts and poultry only when meat has been removed from the microwave. If undercooked, return to the oven and cook for a few more minutes at the recommended power level. Do not leave a conventional meat thermometer in the oven when microwaving.

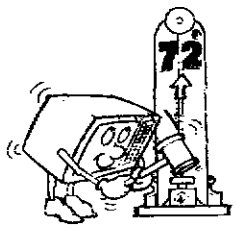


Important Information – Read Carefully

10. Paper, Plastic.

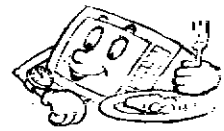


Carefully attend the appliance if paper, plastic or other combustible materials are used as containers or for covering. Do not use wire twist-ties with roasting bags as arcing will occur.
Do not use re-cycled paper products, eg Kitchen roll unless they say they are *specifically designed for use in a microwave oven.* These products contain impurities which may cause sparks and/or fires when used.



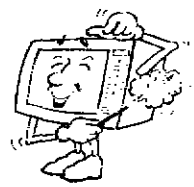
11. Reheating.
It is essential that reheated food is served "piping hot".
Remove the food from the oven and check that it is "piping hot", ie steam is being emitted from all parts and any sauce is bubbling. (If you wish you may choose to check the food has reached 72°C with a food thermometer – but remember do not use this thermometer inside the microwave.)
For foods that cannot be stirred, eg lasagne, shepherds pie, the centre should be cut with a knife to test it is heated through. Even if a manufacturer's packet instructions have been followed always check the food is piping hot before serving and if in doubt return your food to the oven for further heating.

12. Standing Time.

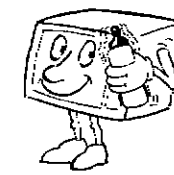


Standing time refers to the period at the end of cooking or reheating when food is left before being eaten, ie. it is a rest time which allows the heat in the food to continue to conduct to the centre, thus eliminating cold spots. See page 20 for details.

13. Keeping Your Oven Clean.
It is essential for the safe operation of the oven that it is wiped out regularly. Use warm soapy water, squeeze the cloth out well and use to remove any grease or food from the interior. Pay particular attention to the door seal area and also the areas around the microwave feed guide situated on the right hand side of the cavity wall. The oven should be unplugged when cleaning.



14. Babies Bottles and Food Jars



When reheating babies bottles always remove top and teat. Liquid at the top of the bottle will be much hotter than that at the bottom and must be shaken thoroughly before checking the temperature. The lid must also be removed from babies food jars, the contents must also be stirred or shaken before the temperature is checked.

15. Grilling.
The oven will only operate on the GRILL function with the door closed.

16. Fan Motor Operation.
After using the oven the fan motor rotates to cool the electric components. This is normal and you can take out food even though the fan motor operates. You can continue using the oven during this time. After using Microwave over 10 minutes, fan motor rotates for 1 minute.

17. Containers
Before use check that utensils/containers are suitable for use in microwave ovens.

Building-in your Oven

1. In case of fitting into an oven housing, please use Panasonic's Trim Kit NN-TKC87W/TKC87C
2. Microwave ovens should not be built into a unit directly above a top front venting conventional cooker. This will invalidate your one year guarantee. If building in above a conventional oven a gap of at least 15cm (6 inches) should be left as it is important that the microwave draws in cool air. A microwave *which is built in must be more than 850mm above* floor level. Read Trim-Kit instructions carefully before installation.

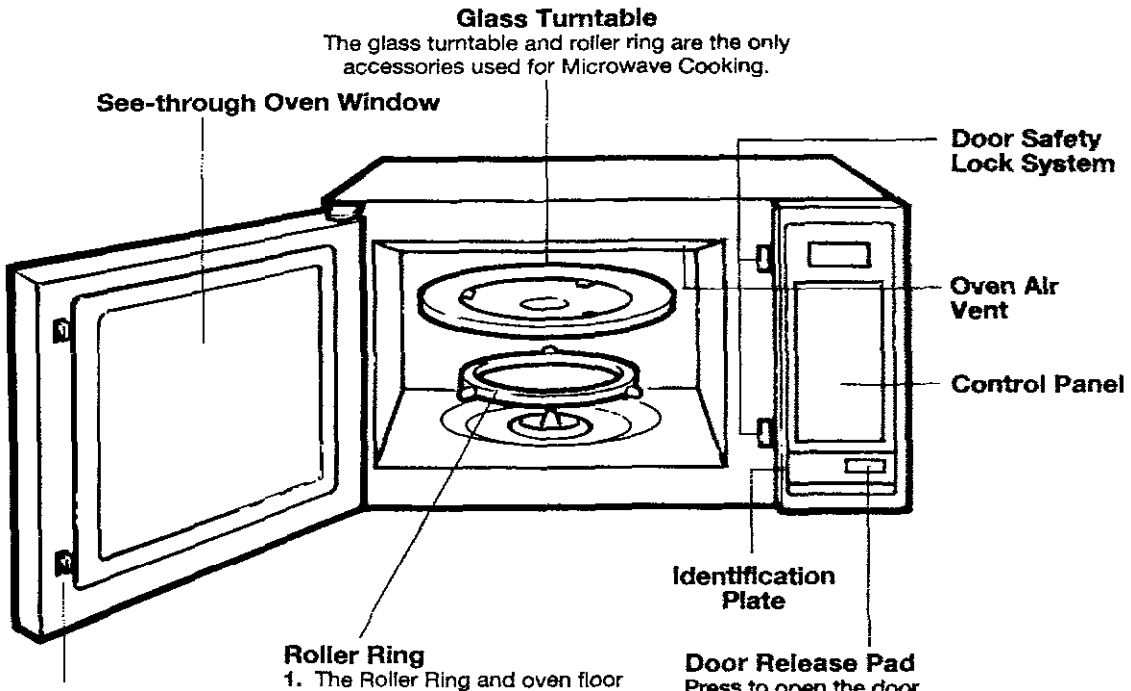
Technical Specifications

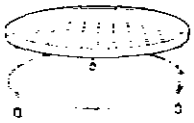
Input Rating	Rated voltage 230-240V 50Hz Max 2840W Microwave 1300W Grill 1560W Convection 1330W
Ouput Rating	Microwave 2450MHz 800W (IEC-705) Grill 1500W Convection 1250W
Oven dimension	350mm (W) x 360mm (D) x 250mm (H)
External dimension	530mm (W) x 507mm (D) x 345mm (H)
Weight	with internal accessories 27Kg

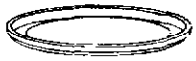
Weight and Dimensions shown are approximate

Parts of Your Oven

1. Do not operate the oven without the Roller Ring and Glass Turntable in place.
2. Only use the Glass Turntable specifically designed for this oven. Do not substitute with any other Glass Turntable.
3. If Glass Turntable is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Turntable. Always place food in a microwave safe dish. The only exception to this is when cooking Jacket Potatoes by microwave only.
5. If food or utensil on Glass Turntable touches oven walls, causing the tray to stop moving, the tray will automatically rotate in opposite direction. This is normal. Open oven door, reposition the food and Restart.
6. The Glass Turntable can rotate in either direction.
7. While cooking by MICROWAVE or COMBINATION, Turntable may vibrate. This will not affect cooking performance.
8. The metal accessories provided must ONLY be used as directed for Grilling and Combination cooking. Never use these on microwave only. Do not use if operating the oven with less than 200g (7oz) of food on a manual or Auto Combination program. FAILURE TO USE ACCESSORIES CORRECTLY COULD DAMAGE YOUR OVEN.
9. Arcing may occur if the incorrect weight of food is used, the accessories have been damaged, or a metal container has been used accidentally. If this occurs, stop the machine immediately, and continue to cook by GRILL or CONVECTION ONLY.
10. Always refer to cookbook for correct accessories to use on all programs. The glass turntable and roller ring are the only accessories used for Microwave Cooking. **For CONVECTION and COMBINATION cooking the metal tray must ALWAYS be in place on the glass turntable.**


Glass Turntable
The glass turntable and roller ring are the only accessories used for Microwave Cooking.
See-through Oven Window
Door Safety Lock System
Oven Air Vent
Control Panel
Identification Plate
Door Safety Lock System
Roller Ring
1. The Roller Ring and oven floor should be cleaned frequently to prevent excessive noise.
2. The Roller Ring must always be used together with the Glass Turntable for cooking.
Door Release Pad
Press to open the door.
Opening the door during cooking will stop the cooking process without cancelling the program. Cooking resumes as soon as the door is closed and Start Pad is pressed.
The oven light will turn on and stay on whenever the door is opened.

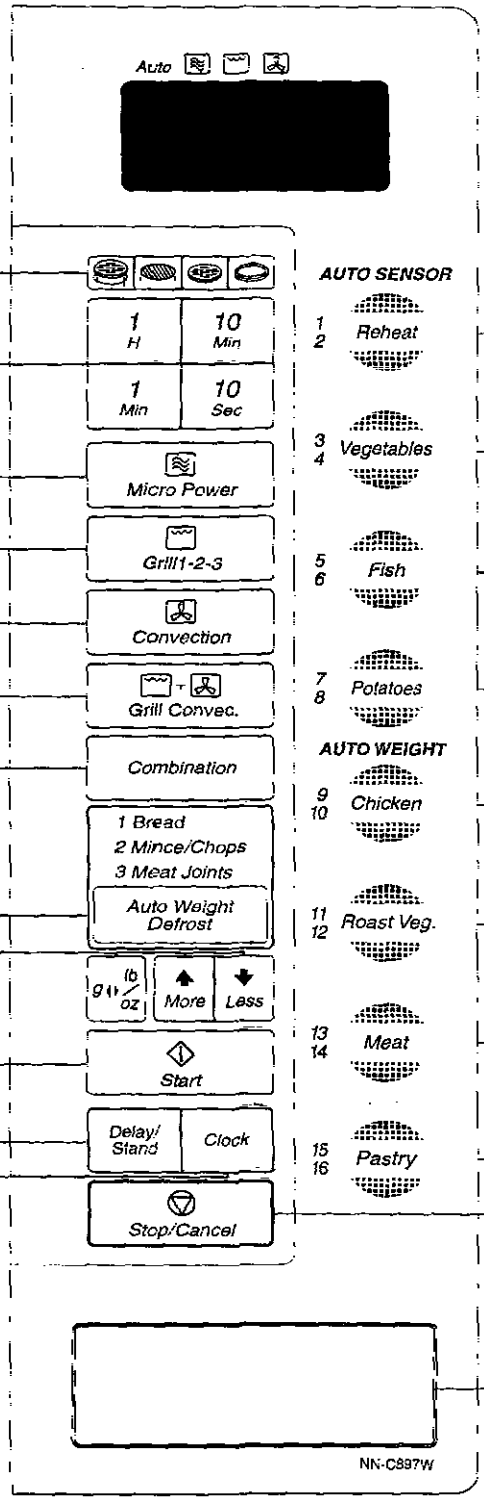

Grill Accessory


Metal Tray

Low Rack

Splash guard

Control Panel – NN-C 897W/C



Oven Accessory Guide

Time Pads

Micro Power Pad

Grill Pad

Convection Pad

Grill Convection Pad

Combination Pad

Auto Weight Defrost
Enables you to defrost most common foods by just entering the weight of the food and pressing Start.

Weight Selection Pads

More/Less
This adjusts the cooking time of the Auto Sensor programs by ± 10%.

Start Pad
One press allows the oven to begin functioning. If the door is opened or the Stop/Cancel pad is pressed once during the oven operation the Start Pad must be pressed again to restart the oven.

Delay/Stand Pad
This can be used to delay a cooking program for up to 9hrs 99 mins, or used to time or for standing (non-cooking) time.

Clock Pad
Press the clock pad. Using the minute and hour pad set the clock (12hr clock). Press clock pad again to stop colons flashing.

This oven includes the new and unique Navigator System which highlights the next pad to press as you select a cooking program.

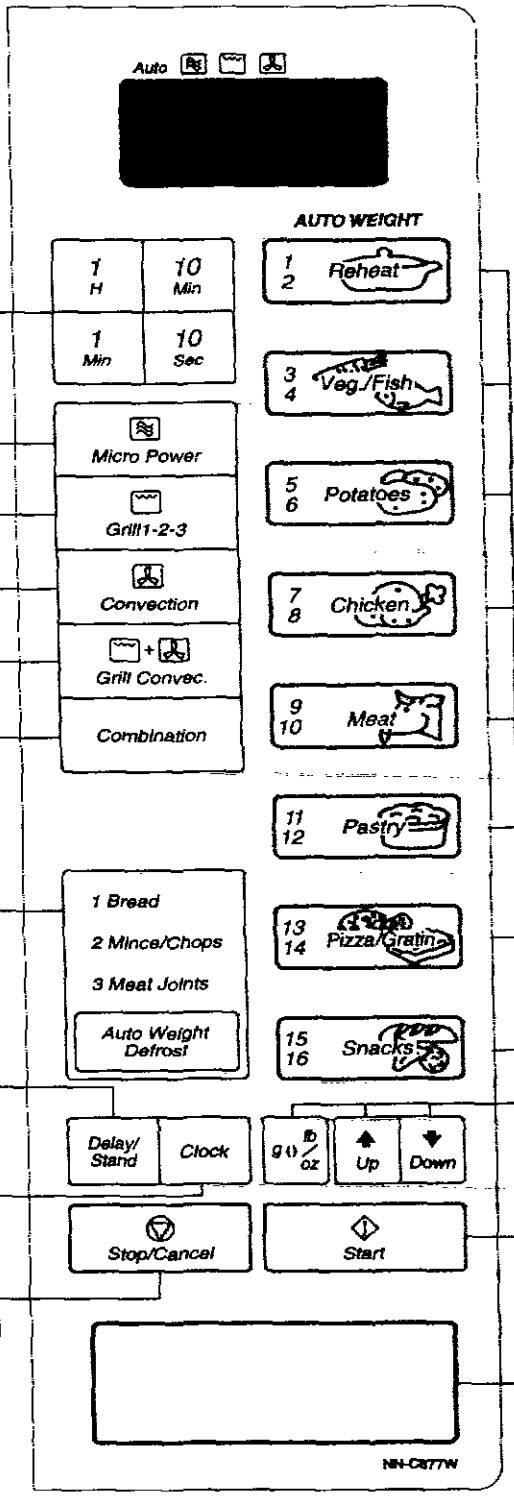
Auto Sensor Programs
use the Genius Feature. "Don't guess just press." Select the correct program and just press Start.

Auto Weight Programs
By entering the correct weight of the food the oven automatically sets the correct cooking methods and correct time.

Stop/Cancel Pad
Before cooking: one press clears your instructions. During cooking: one press temporarily stops the cooking program. Another press cancels all your instructions and the time of day will re-appear in the display window.

Door Release Pad
Opening the door during cooking will stop the cooking process without cancelling the program. Cooking continues as soon as the door is closed and the Start Pad is pressed. The oven light will turn on and stay on whenever the door is open. It is quite safe to open the door during a cooking program. There is no risk of microwave exposure.

Control Panel – NN-C 877W/C



Time Pads

Micro Power Pad

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Combination Pad

Auto Weight Defrost
Enables you to defrost most common foods by just entering the weight of the food and pressing Start.

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Press the clock pad. Using the minute and hour pad set the clock (12hr clock). Press clock pad again to stop colons flashing.

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Before cooking: one press clears your instructions. During cooking: one press temporarily stops the cooking program. Another press cancels all your instructions and the time of day will re-appear in the display window.

Auto Weight Programs
By entering the correct weight of the food the oven automatically sets the correct cooking methods and correct time.

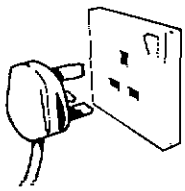
Weight Selection Pads

Start Pad
One press allows the oven to begin functioning. If the door is opened or the Stop/Cancel pad is pressed once during the oven operation the Start Pad must be pressed again to restart the oven.

Door Release Pad
Opening the door during cooking will stop the cooking process without cancelling the program. Cooking continues as soon as the door is closed and the Start Pad is pressed. The oven light will turn on and stay on whenever the door is open. It is quite safe to open the door during a cooking program. There is no risk of microwave exposure.

1 Plug in

Plug into a 13 amp fused electrical socket. You will be reminded to read your operating instructions.



2 To set the Clock

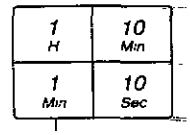
Set clock as a 12hr clock. Press clock pad once. Set time using time pads. Set the hour using the 1H pad. Set the minutes using the 10 Min and 1 Min pads. (The 10 Sec pad is inoperable. See page 10) Press clock pad again. The time is now displayed.

3 Press Convection Pad

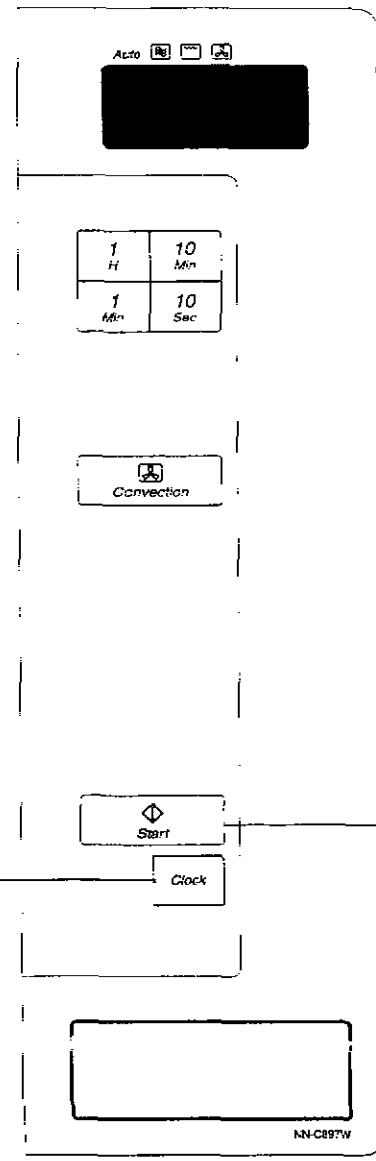
(This procedure is to burn off the oil used for rust protection on the oven.) Press until 250°C is in the display window. Remove all accessories from oven.

4 Press Time Pad

to set 5 minutes cooking time



Press 5 times



5 Press Start Pad

The time will be displayed in the window and count down. The oven will beep at the end of the program. The oven is now ready for use.

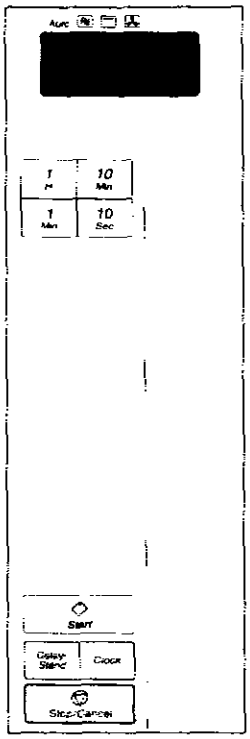
6 Demonstration Mode

This is to enable you to experiment setting various programs. (The letter D will always appear in the display window. This is to confirm that there is no microwave power produced and it is safe to use the oven without food.) To select this mode press the clock pad three times DEMO MODE ... 'PRESS ANY KEY' will appear. (Ignore Set Time on second press). To cancel Demo Mode press the clock pad a further three times.

7 Child Lock

To operate the child lock facility press the start pad three times, this will deactivate the microwave. The word LOCK will then appear in the display if any pad is pressed. To clear child lock facility press Stop/Cancel three times.

Setting the Clock

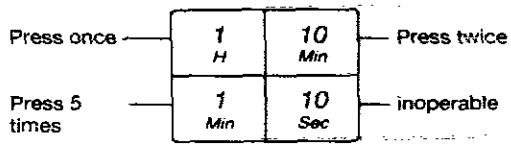


1 Press Clock Pad

"SET TIME" will appear in the display window.

2 Press Time Pads

Enter time of day by pressing appropriate Time Pads.
eg. 1.25pm (12hr clock)



"PRESS CLOCK" will appear in the display window, after selecting the time.

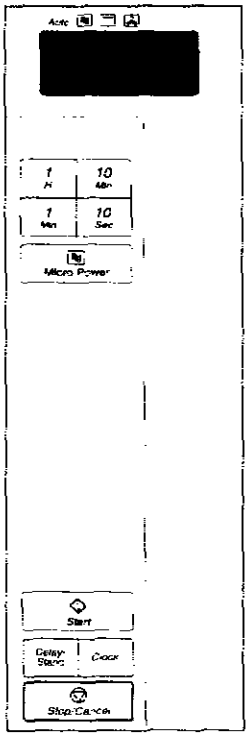
3 Press Clock Pad

Colon stops blinking.

NB

1. To reset time of day, repeat step 1 through to step 3.
2. The clock will keep the time of day as long as the oven is plugged in and electricity is supplied.
3. This is a 12 hour clock.

Microwave Cooking – Using the Power and Time Settings



1 Select Power

Press Micro Power Pad to select correct power level.

Press	Power Level
once	High
twice	Defrost
3 times	Medium
4 times	Low
5 times	Simmer
6 times	Warm

2 Set Time

Set Cooking Time by pressing Time Pads.
Maximum time allowed on HIGH power is 30 mins.
Maximum time allowed on Defrost is 2 hours and the 10 sec pad is inoperable.
NB Hour pad is inoperable except for Defrost

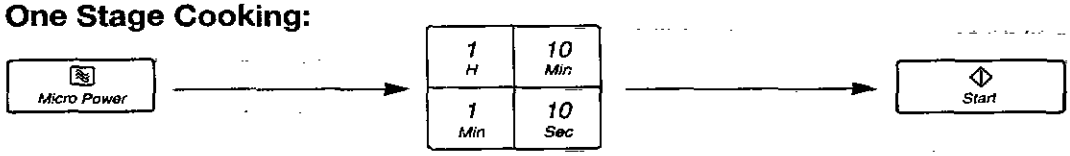
3 Press Start

The Cooking Program will start and the time in the display window will count down. The oven will bleep 5 times at the end of the cooking program.

CAUTION: The oven will automatically work on HIGH microwave power if a cooking time is entered without the power level previously being selected.

Microwave Cooking

One Stage Cooking:



Select power level | Select cooking time | Press Start

Two Stage Cooking:

eg. High power 10 minutes followed by Simmer power 20 minutes;
Select High power and program 10 minutes then select second power (Simmer) with second cooking time (20 minutes) then press Start.

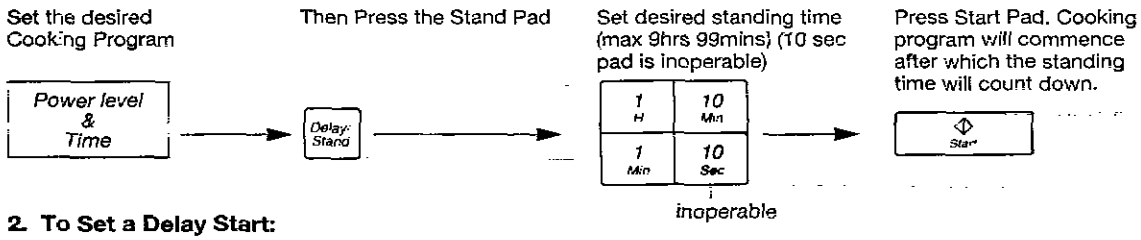
Three Stage Cooking:

eg. High power 5 minutes, Delay 5 minutes, High power 2 minutes;
Select first Power level and cooking time, then press DELAY pad and select DELAY time, then select final power level and final cooking time. Then press Start.

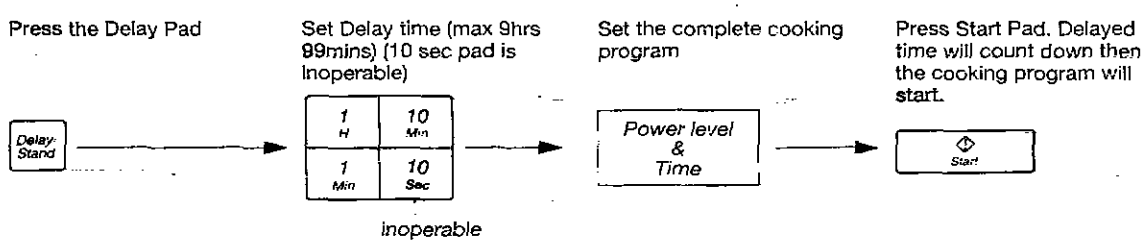
Using the the Delay/Stand Feature

The Delay/Stand Pad is used as a timing pad either before, during or after a cooking program. When the Delay/Stand Pad is selected with a time, there is **no** microwave power in the oven during this time.

1. To Set a Standing Time:


Set the desired Cooking Program
Power level & Time
Then Press the Stand Pad
Delay/ Stand
Set desired standing time (max 9hrs 99mins) (10 sec pad is inoperable)
1 H
10 Min
1 Min
10 Sec
inoperable
Press Start Pad. Cooking program will commence after which the standing time will count down.
Start

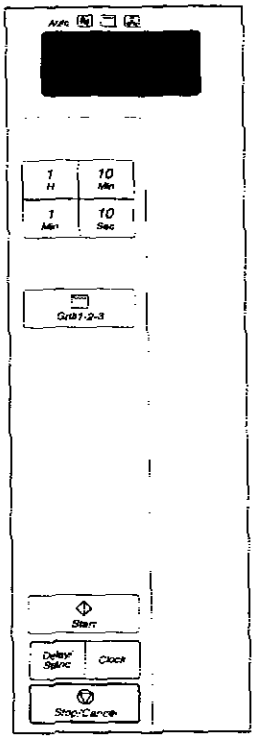
2. To Set a Delay Start:


Press the Delay Pad
Delay/ Stand
Set Delay time (max 9hrs 99mins) (10 sec pad is inoperable)
1 H
10 Min
1 Min
10 Sec
inoperable
Set the complete cooking program
Power level & Time
Press Start Pad. Delayed time will count down then the cooking program will start.
Start

NB

1. If the oven door is opened during the stand or delay time, the time in the display window will continue to count down.
2. Delay Start cannot be used before an Auto Program.

Grilling



1 Press Grill Pad

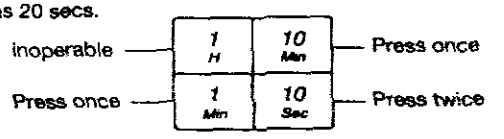
Select Grill 1, 2 or 3. Grill 1 = HIGH; Grill 2 = MEDIUM; Grill 3 = LOW

2 Press Start to Preheat

'P' will appear in the display window. When grill is preheated the oven will beep and the 'P' will flash. Then open the door and place your food in the oven.

3 Press Time Pads

Select Cooking Time. Enter desired cooking time by pressing appropriate Time Pads. eg. 11 mins 20 secs.



Maximum time limit is 99 mins 90 secs. 1 H pad is inoperable.

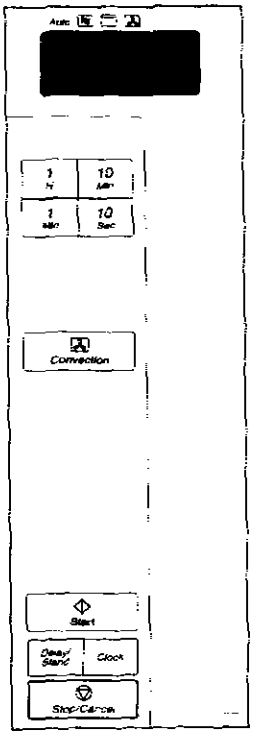
4 Press Start

The cooking program will start and the time in the display will count down. The oven will beep 5 times at the end of the cooking program.

NB CAUTION. When using the oven or grill take great care when removing food from hot oven. Food and accessories will be hot!

CAUTION: When using the Grill function always select the Grill level before entering the cooking time. If the Grill level is not entered the oven will automatically work on HIGH microwave power.

Convection Cooking (with pre-heat)



1 Press Convection Pad

Keep pressing until required cooking temperature is reached.

2 Press Start to Preheat

'P' will appear in the display window. When oven is preheated the oven will beep and the 'P' will flash. Then open the door and place your food in the oven.

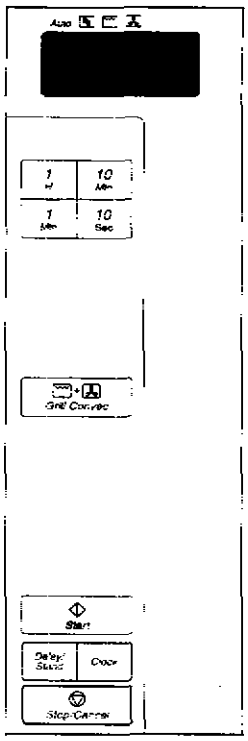
3 Press Time Pads

Enter desired cooking time.

NB Maximum cooking time on Convection is 4 hrs. The 10 sec pad is inoperable

4 Press Start

Grill Convection



1 Press Grill Convection Pad

Keep pressing until required cooking temperature is reached.

2 Press Grill Pad

If you want to adjust the grill setting from Grill 2.

3 Press Start to Preheat

'P' will appear in the display window. When oven is preheated the oven will beep and the 'P' will flash. Then open the door and place your food in the oven.

4 Press Time Pads

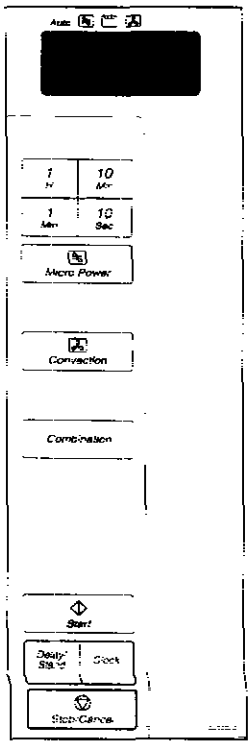
Enter desired cooking time.

NB Maximum cooking time on Grill Convection is 4 hrs. The 10 sec pad is inoperable

5 Press Start

The cooking program will start and the time in the display will count down.
1. When selected cooking time is less than 1 hr, the time counts down by seconds.
2. When selected cooking time is more than 1 hr, the time counts down by minutes until only 1 hour remains. The display then counts down by seconds.

Combination Cooking (Convection and Microwave)



1 Press Combination Pad

'CHOOSE FIRST COOKING MODE' will appear in the display window.

2 Press Convection Pad

Keep pressing the Convection Pad until the desired temperature is reached. 'SELECT MICRO POWER' will appear in the display window.

3 Press Micro Power Pad

Press the pad again to select LOW, SIMMER or WARM power. 'SET TIME' will appear in the display window. (It is impossible to select HIGH and DEFROST power.) Medium power is not available with temperatures over 190°C.

4 Press Time Pads

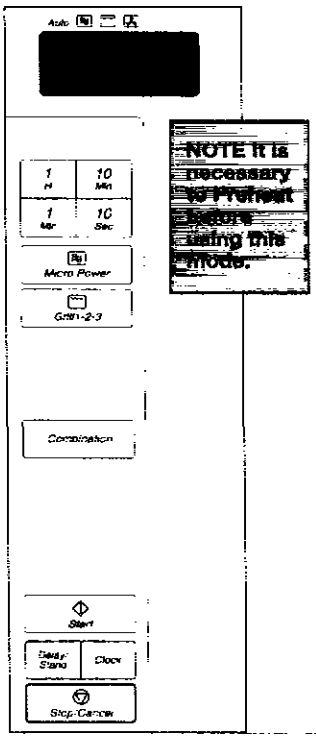
Enter the desired cooking time.

NB Maximum cooking time on this mode is 2 hrs. The 10 sec pad is inoperable.

5 Press Start

The cooking program will start and the time in the display will count down.
1. When selected cooking time is less than 1 hr, the time counts down by seconds.
2. When selected cooking time is more than 1 hr, the time counts down by minutes until only 1 hour remains. The display then counts down by seconds.

Combination Cooking (Grill and Microwave)



1 Press Combination Pad

'CHOOSE FIRST COOKING MODE' will appear in the display window.

2 Press Grill Pad

Select Grill 1, 2 or 3. 'SELECT MICRO POWER' will appear in the display window.

3 Press Micro Power Pad

See page 28 for options available. 'PRESS START TO REHEAT' will appear in the display window.

4 Press Start to Preheat

'P' will appear in the display window. When oven is preheated the oven will beep and the 'P' will flash. Then open the door and place your food in the oven.

5 Press Time Pads

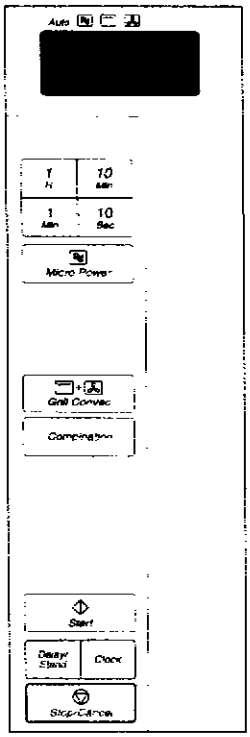
Enter the desired cooking time.

NB Maximum cooking time on this mode is 2 hrs. (The 10 sec pad is inoperable.)

6 Press Start

The cooking program will start and the time in the display will count down.
1. When selected cooking time is less than 1 hr, the time counts down by seconds.
2. When selected cooking time is more than 1 hr, the time counts down by minutes until only 1 hour remains. The display then counts down by seconds.

Combination Cooking (Grill Convection and Microwave)



1 Press Combination Pad

'CHOOSE FIRST COOKING MODE' will appear in the display window.

2 Press Grill Convection Pad

Keep pressing the Convection Pad until the desired temperature is reached.

3 Press Grill Pad

If you want to adjust the grill setting from Grill 2. 'SELECT MICRO POWER' will appear in the display window.

4 Press Micro Power Pad

See page 29 for options available. 'SET TIME' will appear in the display indow.

5 Press Time Pads

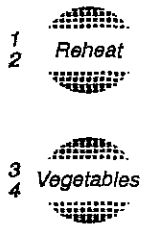
Enter the desired cooking time.

NB Maximum cooking time on this mode is 2 hrs. (The 10 sec pad is inoperable.)

6 Press Start

The cooking program will start and the time in the display will count down.
1. When selected cooking time is less than 1 hr, the time counts down by seconds.
2. When selected cooking time is more than 1 hr, the time counts down by minutes until only 1 hour remains. The display then counts down by seconds.

How to use Auto Sensor Programs (NN-C897 W/C only)



NN-C897 W/C

1 Press Pad

When you desire the lower number category press pad twice. The chosen category will appear in the display. 'PRESS START' will appear in the display window.

If you select an Auto Sensor program directly after plugging in the oven an initial warm up period will automatically count down in the display window after which the sensor programs may be operated.

2 Adjust to taste if necessary

Press the [+ More] or [+ Less] pad if you wish to alter cooking results. These pads adjust the cooking time by approximately 10%.

3 Press Start Pad

The category will remain in the display window until the oven calculates the cooking time after detecting a burst of steam. See cookbook for preparing food and Min/Max weights to use. NB. Do not open the oven door until remaining cooking time appears in the display

How to use Auto Weight Cook Programs

NN-C897 W/C

NN-C877 W/C

1 Press Pad

When you desire the lower number category press pad twice. The chosen category will appear in the display. 'SET WEIGHT' will appear in the display window.

2 Select Weight

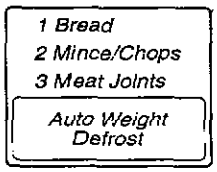
[g lb / oz] Press if you require lb/oz.

Press the [+ More] or [+ Less] pad (one press on the up/more pad will display the minimum weight). *Keep pressing and the weight will change in 100g or 1oz increments.*

3 Press Start Pad

How to use Auto Weight Defrost

This feature allows you to defrost joints of meat, mince, chops and bread automatically. See Cookbook for Defrosting guidelines. Halfway during the defrost cycle the oven will beep and show TURN/SHIELD in the display window to remind you to turn or shield the food if this is required. (See Cookbook page 23 for further details.)



1 Press Pad

Appropriate number of times:
1 = Bread; 2 = Mince/Chops; 3 = Meat Joints. 'SET WEIGHT' will appear in the display window.

2 Select Weight

[g lb / oz] Press if you require lb/oz.

Press the [+ More] or [+ Less] pad (one press on the up/more pad will display the minimum weight). Keep pressing and the weight will change in 100g or 1oz increments, except Bread program which changes in 10g or 1oz increments.

3 Press Start Pad

Care of your Microwave Oven

1. Switch the oven off before cleaning and unplug at the socket if possible.
2. Keep the inside of the oven, door seals and door seal areas clean. When food spatters or spilled liquids adhere to oven walls and door seals and door seal areas wipe off with a damp cloth. Mild detergent may be used if they get very dirty. The use of harsh detergent or abrasives is not recommended.
3. After GRILL or COMBINATION cooking the walls of the oven should be cleaned with a soft cloth squeezed in soapy water. Particular care should be taken to keep the window area clean particularly after cooking by GRILL or COMBINATION. Stubborn spots inside the oven can be removed by using a small amount of branded spray conventional oven cleaner sprayed onto a soft damp cloth. Wipe onto problem spots, leave for recommended time and then wipe off. Avoid the microwave feed guide area and oven door. DO NOT SPRAY DIRECTLY INSIDE THE OVEN. Do not attempt to clean catalytic lining on the roof.
4. The outside oven surface should be cleaned with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into the ventilation openings.
5. If the Control Panel becomes dirty, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on Control Panel. When cleaning the Control Panel, leave the oven door open to prevent the oven from accidentally turning on. After cleaning touch STOP/CANCEL Pad to clear display window.
6. If steam accumulates inside or around the outside of the oven door, wipe with a soft cloth. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.
7. It is occasionally necessary to remove the glass turntable for cleaning. Wash the tray in warm soapy water.
8. The roller ring and oven cavity floor should be cleaned regularly to avoid excessive noise. Simply wipe the bottom surface of the oven with mild detergent and hot water then dry with a clean cloth. The roller ring may be washed in mild soapy water. Cooking vapours collect during repeated use but in no way affect the bottom surface or the roller ring wheels. After removing the roller ring from cavity floor for cleaning, be sure to replace it in the proper position.
9. When GRILLING or cooking by COMBINATION some foods may splatter grease onto the oven walls. If the oven is not cleaned occasionally to eliminate this grease, it can accumulate and cause the oven to 'SMOKE' during use. These marks will be more difficult to clean later.

Questions and Answers

Q: Why won't my oven turn on?

A: When the oven does not turn on, check the following:
1. Is the oven plugged in correctly? Remove plug from outlet, wait 10 seconds and reinsert.
2. Check circuit breaker or fuse. Reset circuit breaker or replace fuse if it is tripped or blown.
3. If the circuit breaker or fuse is all right, plug another appliance into the outlet. If the other appliance works, there is probably a problem with the outlet.

Q: My microwave oven causes interference with my TV. Is this normal?

A: Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.

Q: The oven won't accept my program. Why?

A: The oven is designed not to accept an incorrect program. For example, the oven will not accept a fourth stage.

Q: Why does my oven light dim?

A: When cooking with a power other than HIGH, the oven must cycle to obtain the lower power levels. The oven light dims and clicking noises can be heard when the oven cycles.

Q: Sometimes warm air comes from the oven vents and/or the door when I am cooking only by microwave. Why?

A: The heat given off from the cooking food warms the air in the oven cavity. This warmed air is carried out of the oven by the air flow pattern in the oven. There isn't an airtight seal to the air therefore steam can escape. There are no microwaves in the air, or steam. The oven vents should never be blocked during cooking.

Q: There are humming and clicking noises from my oven when I cook by Combination. What is causing these noises?

A: The noises occur as the oven automatically switches from microwave power to convection/grill only heat to create the combination setting. This is normal.

Q: Can I check the pre-set oven temperature while cooking or preheating by CONVECTION?

A: Yes. Touch the Convection pad and the oven temperature will appear in the display window for 5 seconds.

Q: Can I use a conventional oven thermometer in the oven?

A: Only when you are using Convection/Grill cooking mode. The metal in some thermometers may cause arcing in your oven and should not be used on Microwave and Combination cooking modes.

Q: Can I easily cook my favourite recipes using CONVECTION/GRILL?

A: Yes. You can cook your favourite recipes just as you would in a conventional oven. Check instructions in the Panasonic Cookbook for suggested oven temperatures and cooking times.

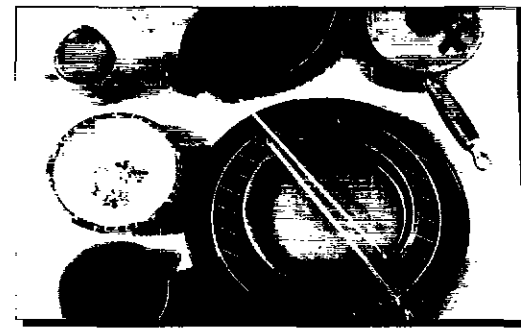
Q: How do I check that the food is cooked?

A: A few tests are:
- A cake should pull away from the side of the dish.
- A toothpick or cake tester should be clean when removed from the centre of a cake.
- Poultry juices are clear, and the drumstick moves freely after cooking.
- All foods should be 'Piping hot'.

Q: My oven has an odour and generates smoke when using the CONVECTION, COMBINATION and GRILL function. Why?

A: It is essential that your oven is wiped out regularly particularly after cooking by COMBINATION or GRILL. Any fat and grease that builds up on the roof and walls will begin to smoke if not cleaned.

Quick Check Cookware Guide – Microwave



Plain white absorbent kitchen paper (kitchen towel) can be used for covering blind pastry cases and for covering bacon to prevent splattering BUT FOR SHORT COOKING TIMES ONLY. NEVER RE-USE A PIECE OF KITCHEN TOWEL. ALWAYS USE A FRESH PIECE OF PAPER FOR EACH DISH.

Avoid kitchen paper containing manmade fibres. If you are using branded re-cycled kitchen towel, check first that it is recommended for microwave use.

Do not use waxed or plastic coated cups or plates as the finish may melt in the oven.

Greaseproof paper can be used to line the base of dishes and to cover fatty foods e.g. bacon rashers to stop them splattering.

White paper plates can be used for SHORT RE-HEATING TIMES.

OVEN GLASS

Everyday glass that is heat resistant e.g. Pyrex*, is ideal.

Do not use delicate glass which may crack due to the heat from the food. Do not use lead crystal which may crack or arc.

CHINA AND CERAMIC

Everyday glazed china plates, saucers, bowls, mugs and cups can be used if they are heat resistant. Porcelain and ceramic are also ideal.

Fine bone china should only be used for reheating for ***short*** periods, otherwise the change in temperature may crack the dish or craze the finish.

Do not use dishes with a metal rim or pattern.

Do not use jugs or mugs with glued handles, since the glue can melt in a microwave.

POTTERY, EARTHENWARE, STONEWARE

If completely glazed, these dishes are suitable. Do not use if partially glazed or unglazed, since they are able to absorb water which in turn absorbs microwave energy, making the container very hot and slows down the cooking of food.

FOIL/METAL CONTAINERS

NEVER ATTEMPT TO COOK IN FOIL OR METAL containers – the microwaves cannot pass through and the food will not heat evenly – this may also damage your oven.

Small items in shallow foil containers can be **RE-HEATED** in the microwave, but take care that containers will not touch the oven walls or door.

Use wooden kebab sticks instead of metal skewers.

DO NOT RE-USE FOIL CONTAINERS AS THEY MAY BECOME DENTED OR DAMAGED AND ARCING MAY OCCUR.

CLING FILM

Cling film can be used for covering food that is reheated by microwave. It is also useful for covering food to be cooked, but care should be taken to avoid the film being in direct contact with the food.

WICKER, WOOD, STRAW BASKETS

Do not use these items in your microwave. With continued use and with prolonged exposure they could ignite. Do not use wooden dishes in your microwave.

TIN FOIL

Small amounts of smooth tin foil can be used to SHIELD joints of meat during defrosting and cooking, as the microwaves cannot pass through the foil, this prevents the parts shielded from overcooking or overdefrosting. Take care that the foil does not touch the sides or roof of the oven, as this may cause arcing and damage your oven.

There are many plastic containers designed for microwave use.

Only use Tupperware* containers if they are designed for microwave use.

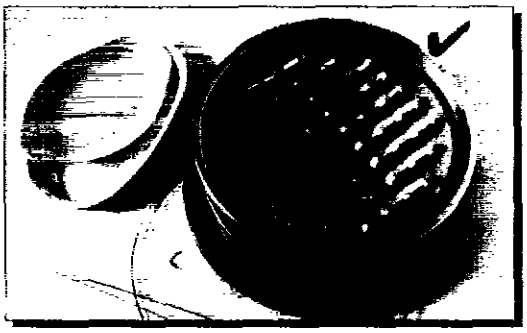
Do not use Melamine* – although it is heat resistant it absorbs microwave energy and scorches.

Even if a container is microwave safe, do not use for cooking foods high in sugar or fat. Foods that require long cooking times e.g. brown rice, should not be cooked in plastic.

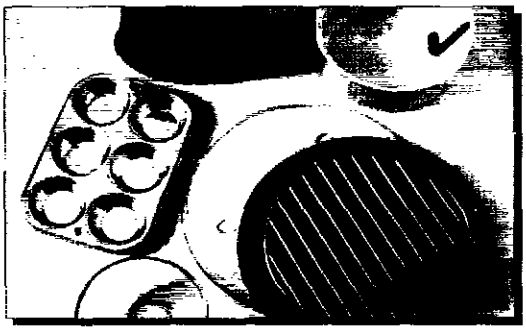
Never cook in cream or margarine cartons or yoghurt pots, as these will melt with the heat from the food.

Many plastics that are not heatproof for cooking are suitable for defrosting.

Quick Check Cookware Guide – Grill/Grill Convection

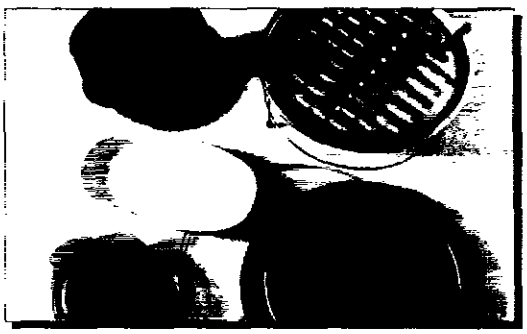


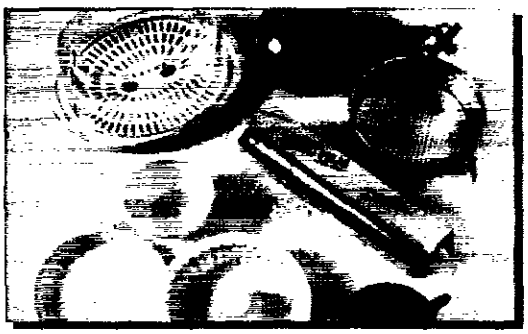
Convection/Grill Convection



DO NOT use plastic microwave containers for convection cooking unless specifically designed to take temperatures of 250°C.

Combination





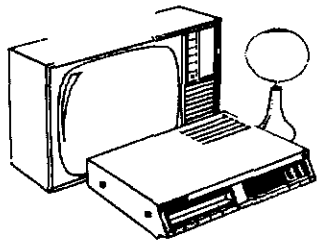
- DO NOT place metal containers directly onto wire rack – place onto metal tray on turntable.
- DO NOT use spring form tins for cakes.
- DO NOT use enamelled pie plates for cooking pastry items.

- Should arcing occur when cooking by **Combination,** press the Stop pad twice to cancel the program, then continue cooking on CONVECTION only.
- DO NOT use dishes with a gold/silver decoration, as these will arc and the pattern will lift off the dish.

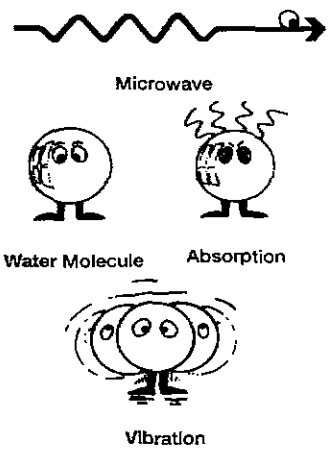
Microwaving Principles

Microwave energy has been used in this country to cook and heat since early experiments with RADAR. Microwaves themselves are in fact present in the atmosphere all the time – both naturally and from manmade sources.

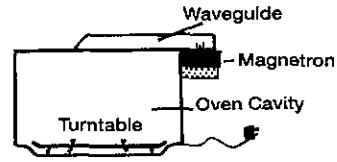
Manmade microwaves include radar, radio and television waves, telecommunications links and car phones. If you follow our basic recommendations and keep your oven clean, then it will be completely safe.



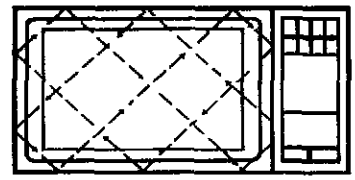
Many years ago it was discovered that one of the effects of microwaves is to make water molecules VIBRATE very quickly. Because all foods contain water to a greater or lesser extent, they can quickly be heated by the friction caused by this vibration.



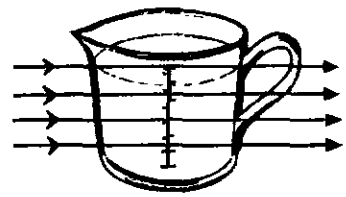
Your microwave oven converts electricity into microwaves in the magnetron.



Microwaves are REFLECTED off metal, so they bounce off the walls and the metal door screen, back onto the food.



They contain no heat themselves and pass through the cooking container i.e. are transmitted, to be ABSORBED by the water molecules, as well as sugar and fat particles in the food.



Microwaves can only penetrate to a depth of 1½-2 inches (4-5 cm) and as heat spreads through the food by conduction, just as in a traditional oven, the food cooks from the outside inwards.

When a microwave oven is switched off, the food will continue to cook by this conduction – NOT BY MICROWAVE ENERGY. Hence STANDING TIME is very important in microwaving, particularly for dense foods i.e meat, cakes and reheated meals.

The dish used to cook or reheat the food will get warm during cooking, as the heat conducts from the food. Even in microwaving, oven gloves are required!

MICROWAVES CANNOT PASS THROUGH METAL AND THEREFORE METAL COOKING UTENSILS CAN NEVER BE USED IN A MICROWAVE.

Foods Not Suitable for Cooking by Microwave

Yorkshire Puddings, Souffles, *Double Crust Pastry Pies.*

Because these foods rely on dry external heat to cook correctly, *do not attempt to cook* by microwave.

Foods that require deep fat frying cannot be cooked by microwave.

Boiled Eggs

Do not boil eggs in your microwave.

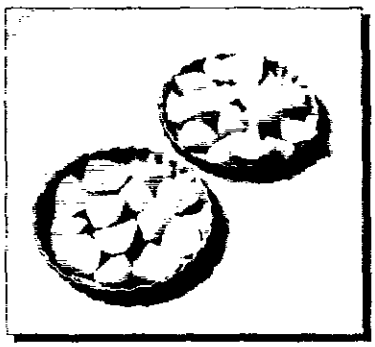
Raw eggs boiled in their shells can explode and cause serious injury.

ACCESSORIES TO USE

Always use the glass turntable when microwaving.

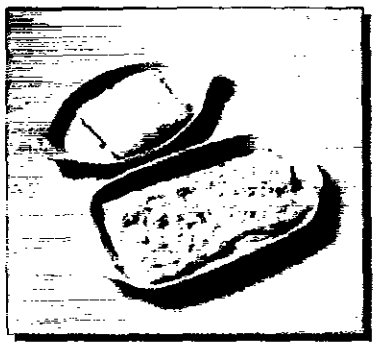
DO NOT use any other METAL accessory – this can cause arcing and may damage your oven.

General Guidelines



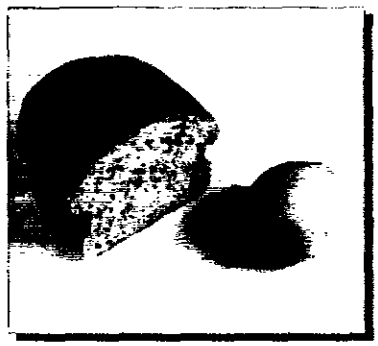
DISH SIZE

Follow the dish sizes given in the recipes, as these affect the cooking and reheating times. A quantity of food spread in a bigger dish cooks more quickly.



QUANTITY

Small quantities cook faster than large quantities, also small meals will reheat more quickly than large portions.



DENSITY

Porous airy foods heat more quickly than dense heavy foods.

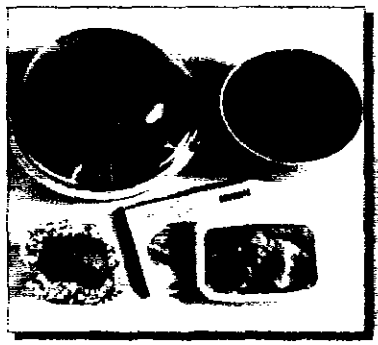
STANDING TIME

Dense foods e.g. meat, jacket potatoes and cakes, require a **STANDING TIME** (inside or outside of the oven) after cooking, to allow heat to finish conducting to cook the centre completely.

MEAT JOINTS – Stand 15 mins. wrapped in tin foil.

JACKET POTATOES – Stand 5 mins. wrapped in tin foil.

CAKES – Stand 5 mins. before removing from dish. Rich cakes should stand for 15-20 mins.



If food is not cooked after STANDING TIME, return to oven and cook for additional time.

FISH – Stand 2-5 mins.

EGG DISHES – Stand 2-3 mins.

PRECOOKED CONVENIENCE FOODS – Stand for 5 mins.

PLATED MEALS – Stand for 2-5 mins.

VEGETABLES – Boiled potatoes benefit from standing 1-2 mins., however most other types can be served immediately. Mashed potatoes should stand for between 2-3 mins as they are more dense than most vegetables.

CLING FILM

Cling film helps keep the food moist and the trapped steam assists in speeding up cooking times. Always take care when removing cling film from a dish as the build-up of steam will be very hot.

Always purchase cling film that states on the packet "suitable for microwave cooking" and use as a covering only. Do not line dishes with cling film.

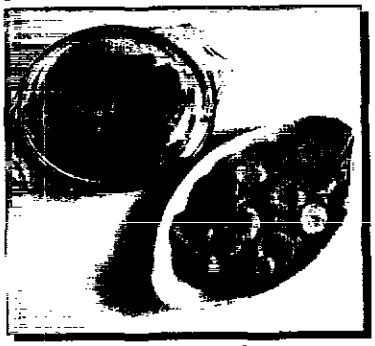
MOISTURE CONTENT

Many fresh foods e.g. vegetables and fruit, vary in their moisture content throughout the season – jacket potatoes are a particular example of this. For this reason cooking times may have to be adjusted throughout the year. Dry ingredients e.g. rice, pasta, can dry out further during storage and cooking times may differ from ingredients freshly purchased.

PIERCING

The skin or membrane on some foods will cause steam to build up during cooking. These foods must be pierced or a strip of skin should be peeled off before cooking to allow the steam to escape. Eggs, potatoes, apples, sausages etc. will all need to be pierced before cooking. DO NOT ATTEMPT TO BOIL EGGS IN THEIR SHELLS.

General Guidelines



COVERING

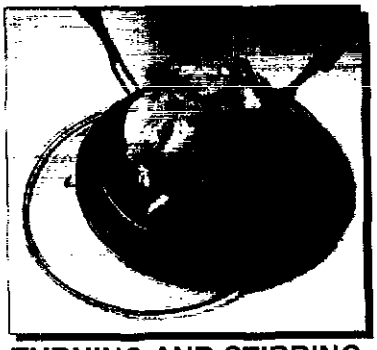
Cover foods with cling film or a self-fitting lid. Cover fish, vegetables, casseroles, soups. Do not cover cakes, sauces, jacket potatoes, pastry items.

STARTING TEMPERATURE

The colder the food, the longer it takes to heat up. Food from a fridge takes longer to reheat than food at room temperature.

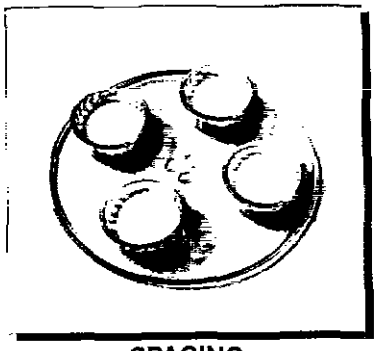
SHIELDING

To prevent over defrosting on outside edges. Chickens and joints of meat should be shielded.



TURNING AND STIRRING

Some foods require stirring or turning during cooking. Meat and poultry should be turned after half the cooking time.

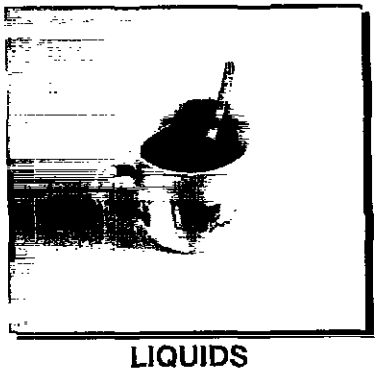


SPACING

Arrange items evenly or if a single item just off the centre of the turntable.

ARRANGING

Individual foods e.g. chicken portions or chops, should be placed on a dish so that the thicker parts are to the outside.



LIQUIDS

All liquids must be stirred before and during heating. Water especially must be stirred before and during heating, to avoid eruption. Do not heat liquids that have previously been boiled.

CHECKING FOOD

It is essential that food is checked during and after a recommended cooking time, even if an AUTO PROGRAM has been used (just as you would check food cooked in a conventional oven). Return the food to the oven for further cooking if necessary.

CLEANING

As microwaves work on food particles, keep your oven clean at all times. Stubborn spots of food can be removed by using a branded spray oven cleaner, sprayed onto a soft cloth. Dab onto problem spots, leave for 20-30 mins, remove with a damp cloth and then wipe dry. **Avoid the wave guide cover and door seals.**

Selecting Microwave Power Levels

Just as you select different temperature settings for different foods in a traditional oven, your Dimension 4 oven offers a range of power levels which are for different foods.

There are 6 different power levels available on your oven – one of them being Cyclic Defrost.

Select the power level you require by pressing the POWER pad the appropriate number of times shown in the chart below.

Always select the correct POWER LEVEL before selecting time and pressing Start.

POWER LEVEL	No. OF PRESSES ON PAD	WATTAGE (IEC 705)	USE
HIGH	1	800	Reheating meals and sauces, cooking fish, vegetables, sauces, preserves.
DEFROST	2	270	Defrosting frozen foods.
MEDIUM	3	560	Roasting, egg sauces, heating milk, cooking sponge cakes
LOW	4	420	Chicken casseroles, quiches.
SIMMER	5	240	Cooking stews and casseroles, rice puddings, rich fruit cakes, egg custards.
WARM	6	90	Softening ice-cream, butter, cream cheese.

Reheating by Power and Time

Most foods reheat very quickly in your oven by HIGH power. Meals can be brought back to serving temperature in just minutes and will taste freshly cooked and NOT leftover. Always *check food* is piping hot and return to oven if necessary.

As a general rule, always cover wet foods, e.g. soups, casseroles and plated meals.

Do not cover dry foods e.g. bread rolls, mince pies, sausage rolls etc.

PLATED MEALS

Everyone's appetite varies and reheat times depend on meal contents. Dense items e.g. mashed potato, should be spread well. If a lot of gravy is added, extra time may be required. Place denser items to the outside of the plate. Between 3-5 mins. on HIGH power will reheat an average portion. If stacking 2 meals, heat on HIGH power for 6-7 mins. and change the meals over halfway.

CASSEROLES

Stir halfway through and again at the end of heating.

MINCE PIES – CAUTION

REMEMBER even if the pastry is cold to touch, the filling will be piping hot and will warm the pastry through. Take care not to overheat otherwise burning can occur due to the high fat and sugar content of the filling. Check the temperature of the filling before consuming to avoid burning your mouth.

CHRISTMAS PUDDINGS AND LIQUIDS – CAUTION

Take great care when reheating these items. See Page 4 in the Operating Instructions.

Do not leave unattended.

Do not add extra alcohol.

SOUPS

Use a bowl and stir before heating and at least once through reheat time and again at the end.

CANNED FOODS

Remove foods from can and place in a suitable dish before heating.

BABIES' BOTTLES – CAUTION

Milk or formula MUST be shaken thoroughly before heating and again at the end and **tested carefully** before feeding a baby.

For 7-8 fl.oz. of milk from fridge temperature, **remove top and teat**. Heat on HIGH power for 25-30 secs. **CHECK CAREFULLY.**

For 3 fl.oz. of milk from fridge temperature, **remove top and teat.** Heat on HIGH power for 10-15 secs. **CHECK CAREFULLY.**

N.B. Liquid at top of bottle will be much hotter than at bottom and bottle must be shaken thoroughly before checking temperature.

Defrosting Guidelines

The biggest problem when defrosting food in a microwave is to get the inside defrosted before the outside starts to cook.

For this reason Panasonic have made the defrosting on your oven CYCLIC DEFROST, which means you just select DEFROST power and set the required time. The oven then divides this time into 8 stages.

These stages alternate between defrosting (total of 4) and standing (total of 4).

During the standing stages there is no microwave power in the oven, although the light will remain on and the turntable will turn. The automatic stand times ensure a more even defrost and for small items the usual stand time can be eliminated.

It is essential that food is checked during DEFROSTING even on Auto Defrost as different foods vary in their defrosting speed.

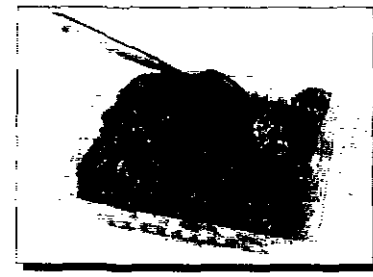
After defrosting, joints of meat and whole chickens should STAND for a minimum of 1 hour before cooking.

Food to be defrosted should be in a suitable microwave safe container or rack and placed uncovered on the glass turntable.

Tips for Defrosting

Separate chops and small items e.g. bread slices where possible.

Chickens and joints of meat will require shielding during defrosting.



Break up small items e.g. minced meat, frequently during defrosting.

Auto Weight Defrost

This feature allows you to defrost joints of meat, mince, chops and bread automatically once you have entered in the weight of the food.

The weight can be entered in lbs and ozs or grams.

The oven will select the correct defrosting time for the foods. It is not necessary for foods to be covered during defrosting but they should be placed on a microwave rack or in a suitable dish.

During the defrosting process the oven will bleep to remind you to check the food. Turn/shield will appear in the display window to remind you to attend to the food.

1. Bread
The bread program is suitable for defrosting small items e.g. rolls, buns and slices of bread which are required for immediate use. Small items may feel warm immediately after defrosting. Loaves can also be defrosted on this program but these will require standing time to allow the centre to thaw out. Standing time can be shortened if slices are separated and buns and loaves cut in half. Items should be turned half way during defrosting. THIS PROGRAM IS NOT SUITABLE FOR CREAM CAKES OR DESSERTS eg. cheesecake.

2. Mince/chops
It is necessary for Mince to be broken up frequently during defrosting and this is best carried out in a large shallow dish. Chops should be arranged in a single layer and turned frequently.

3. Meat Joints
Meat joints will require shielding during defrosting especially if it is a particularly fatty piece. This is to prevent over defrosting on the outside edges. Smooth tin foil secured with cocktail sticks should be used. DO NOT ALLOW THE FOIL TO TOUCH THE WALLS OF THE OVEN. Back fat of joints, legs, wings and breast bones need shielding. Standing *time of at least 1 hour should be allowed (rolled* joints may require longer) before cooking to ensure the centre is fully defrosted.

Chart below indicates maximum/minimum weights to be used on Auto Weight Defrost programs.

Category	Weight	
	Min	Max
1. BREAD	100g (4oz)	1kg (2lb 4oz)
2. MINCE/CHOPS	100g (4oz)	2kg (4lb 7oz)
3. MEAT JOINTS	100g (4oz)	4kg (9lb)

Convection Cooking

Convection

Your Dimension 4 Combination Oven can be used as a conventional oven using the CONVECTION mode which incorporates a fan and a heating element.

When using the oven as a CONVECTION oven, there is NO MICROWAVE POWER, ie the oven is operating as a conventional oven and you can use all your standard metal baking tins and ovenware.

Don't forget that for ease of programming of the most commonly used temperatures, your oven will start at 150°C and count up in 10°C stages to 250°C then to 40°C, 100°C, 110°C etc.

The oven can be used on CONVECTION for cooking on ONE LEVEL only – DO NOT ATTEMPT to cook on more than one level at a time. When cooking 2 trays of buns etc, cook in two batches.

The glass turntable with metal tray must always be in position when cooking on CONVECTION. The food is then placed on the low rack or directly onto the metal tray. When cooking meat or other fatty foods ensure that the splash guard is also in position. Follow your individual recipe guidelines.

If a very large dish is used that will not turn on the turntable then the roller ring and turntable should be removed, the low rack should be placed directly onto the base of the oven floor and the food must be carefully placed on the low rack and turned manually during cooking.

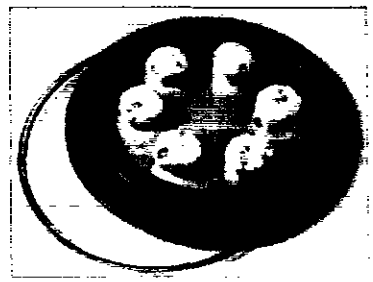
Preheating: For best results, always place food into a preheated oven.

To Preheat:

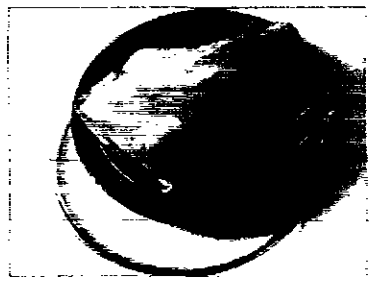
1. Press the Convection pad until desired temperature appears in the window.
2. Press START pad and wait until the oven 'bleeps' and the 'P' starts flashing in the display window. This is to signal that your oven is ready to use.

   Always preheat the oven with the metal tray on the glass turntable.
3. Once oven has preheated, open door, insert food and program the calculated time. It is possible to enter up to 4 hours of cooking time. The 10 sec pad is inoperable.

The oven will maintain the selected temperature for approximately 30 mins and if no food has been placed inside the oven or a cooking time set then it will automatically cancel the cooking program and revert to time of day.



OVEN ACCESSORIES



Guideline to Oven Temperatures

TEMP °C	USE	TEMP F	GAS MARK
40°C	Proving Bread	90°F	1/8
100°C	Pavlova	200°F	1/4
110°C	Meringues	225°F	1/4
120°C	Slow drying Herbs	250°F	1/2
130°C	Large Rich Fruit Cakes	275°F	1
140°C 150°C	To start Rich Fruit Cakes (then reduce)	300°F	2
160°C 170°C	Gingerbread, Biscuits, Shortbread, Small Tarts	325°F	3
180°C	Souffle, Victoria Sandwich	350°F	4
190°C	Lemon Meringue Pie, Mince Pies, Treacle Tarts, Stuffed Chicken, Roulades	375°F	5
200°C 210°C 220°C	Choux Pastry, Scones, Bread, Sausages Rolls, Vol-au-Vents, Roast Potatoes, Yorkshires	400°F 425°F	6 7
230°C 240°C 250°C	Biscuits	450°F 475°F	8-9

Grilling

Grill 1-2-3

The radiant GRILL system on your oven gives efficient cooking for a wide variety of foods – eg. chops, sausages, steaks, cheese on toast, frozen potato chips, fish fingers, pizzas, etc.

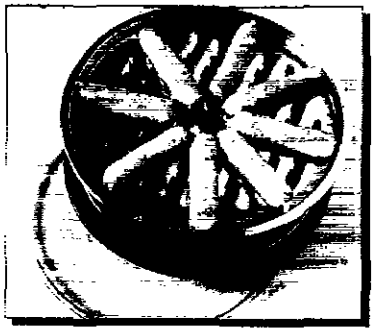
GRILL 1 – HIGH
GRILL 2 – MEDIUM
GRILL 3 – LOW

NB. Always preheat the grill before use. See Operating Instructions page 12.

Oven accessories:

When Grilling foods, use the Grill Accessory, Splash Guard, Metal Tray and Glass Turntable.

The Grill Accessory will allow fat to drip through into the metal



tray preventing excess splatter and smoke when grilling steaks, chops and other fatty foods.

To turn food just press the door release pad, remove the metal tray and Grill Accessory, turn the food, return to the oven, close the door and press the START pad. The oven will continue to countdown the remaining cooking time.

After Grilling it is important that the Grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.

The maximum grilling time that can be set is 99 mins. The 1H pad is inoperable.

CAUTION: THE GRILL ACCESSORY AND SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES.

Grill Convection

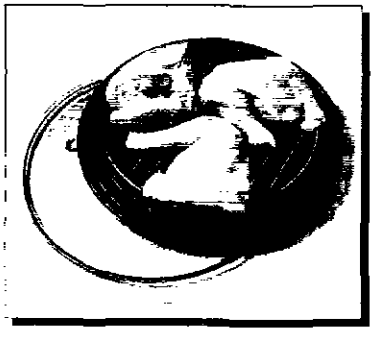
Grill Convec.

This oven can be programmed to cook or reheat food by the grill and oven working simultaneously to give foods that extra crispness and colour.

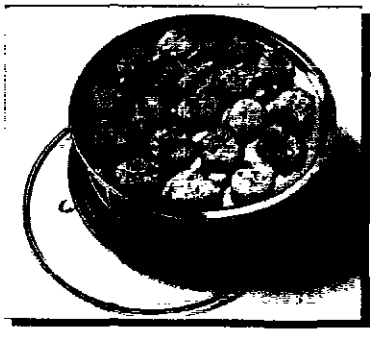
NB. Always preheat before use. See Operating Instructions on page 13.

Oven accessories:

The glass turntable with metal tray must always be in position when cooking on Grill Convection. You can choose to use either the low rack or the Grill Accessory.



The food should be placed on the low rack and use the splash guard (if you are cooking meat or other fatty foods) with the metal tray on the glass turntable.



Individual small items can be placed on the Grill Accessory with the Splash Guard and Metal Tray on the glass turntable.

Food must be cooked uncovered and the maximum cooking time is 4 hours. The 10 sec pad is inoperable.

CAUTION: THE GRILL ACCESSORY AND SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES.

Combination Cooking

Combination

COMBINATION cooking is ideal for many foods. The microwave power cooks them quickly, whilst the oven or grill gives the traditional browning and crispness.

All this happens simultaneously resulting in most foods being cooked in ½-⅔ of the conventional cooking time.

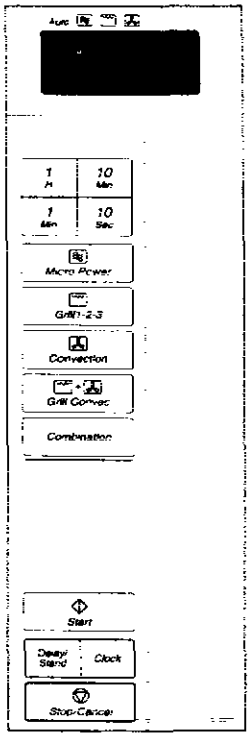
There is no need to preheat on COMBINATION programs, **EXCEPT when cooking pastry** and using a COMBINATION program of Grill and Microwave.

It is possible to use smooth seamed metal tins and foil containers on COMBINATION but they must be placed directly onto the metal tray on the glass turntable. They must not be placed directly onto the low rack, or arcing will occur.

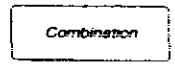
If you experience arcing, which is when you see blue sparks or hear crackling noises, the metal container is unsuitable or you have insufficient food in the oven. You should stop the program immediately and change the container or re-program to CONVECTION only.

To cook successfully by COMBINATION you should always use a minimum of 200g (7oz) food. Small quantities should be cooked by Convection, Grill or Grill Convection.

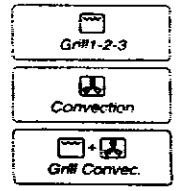
To program Combination Cooking



1 Press Combination Pad



2 Choose your first cooking mode



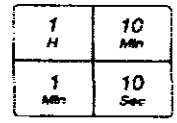
3 Combine with Microwave Power

Options will vary depending on 1st cooking mode.

4 Preheat if necessary

(only on Grill Combination programs)

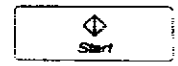
5 Set Time



10 sec pad is inoperable.

NB Maximum cooking time on this mode is 2 hrs.

6 Press Start



Combination Cooking

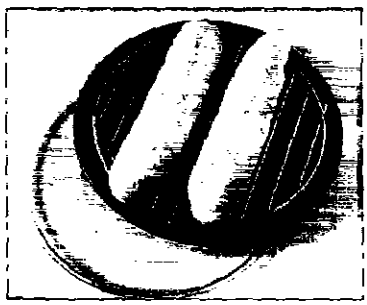
Your oven has 3 methods of cooking by Combination

1. COMBINATION: CONVECTION AND MICROWAVE

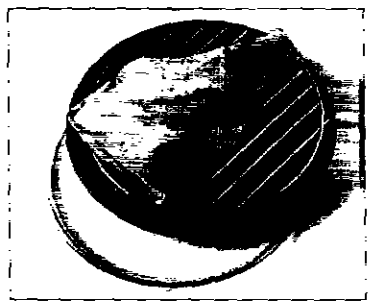
This is the most popular combination mode combining convection heat with microwave power. Casseroles, meat joints, jacket potatoes and pastries are very successful using this combination. Unsuitable foods are those which contain whisked eggs, meringues, rich fruit cakes, biscuits, pastries with sweet fillings and yorkshire puddings.

It is not necessary to preheat except when cooking pastry dishes, when you will achieve a better result. Preheat oven to 210°C on Convection before selecting a combination programme.

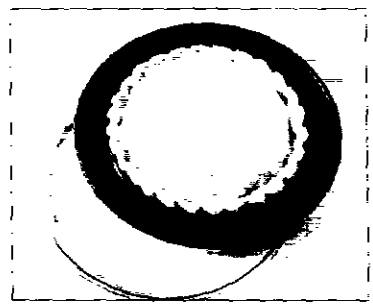
OVEN ACCESSORIES TO USE



Non-metallic dishes or items of food can be placed directly onto the low rack on the Metal Tray on the glass turntable. Small items should be placed in a heatproof dish on the low rack.



Joints and portions of meat should be placed on the low rack with Spash Guard on the Metal Tray on the glass turntable.



Recipes using foil or metal containers eg. cakes and pastries should be placed directly onto the Metal Tray on glass turntable.

The chart below gives suggestions for Combination programs. For cooking times refer to cooking charts or a similar recipe in the book. It is not possible to use HIGH or DEFROST power in this mode.

Press Combination pad first, then select CONVECTION temperature. Lastly, select microwave power and set cooking time.			
Oven Temperature	**Microwave Power**	**Use**	
230°C	WARM	**Cooking:** **Reheating:**	Chicken Portions and Breasts, Crisp Jacket Potatoes, Chops. Pizza, Garlic Bread, Savouries
220°C	SIMMER	**Cooking:** **Reheating:**	Pastry Pies and Plaits, Pizza, Bread, Chicken Portions in Breadcrumbs, Sweet Crumbles, Cobblers. Lasagnes, Cannelloni, Cauliflower Cheese
190°C	WARM	**Cooking:**	Quiche, Custard Tarts, Sponge-based Puddings, Bread and Butter Pudding
190°C	SIMMER	**Roasting:** **Cooking:**	Chicken, Duck, Turkey Savoury Crumbles, Lasagnes, Potato Topped Pies
170°C	LOW	**Roasting:**	Joints of Lamb, Beef, Pork
160°C	WARM	**Cooking:**	Cakes (eg Madeira, Light Fruit etc.) Casseroles, Rice Puddings, Meat Terrines

Combination Cooking

2. COMBINATION: GRILL AND MICROWAVE

This combination mode is suitable for foods which are normally grilled and for reheating small savoury items.

Do not use this program with less than 200g (7oz) of food.

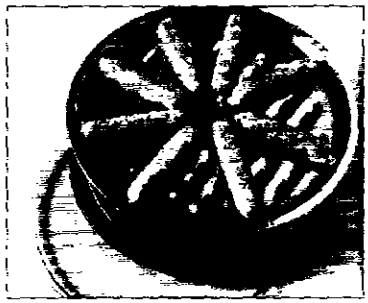
It is necessary to preheat when using this combination mode and food should always be cooked uncovered. See Operating Instructions on page 14.

Grill 1 – HIGH

Grill 2 – MEDIUM

Grill 3 – LOW

OVEN ACCESSORIES TO USE



Food should be placed directly onto the Grill Accessory with the Splash Guard and Metal Tray on the glass turntable.

To turn food just press the door release pad, remove the metal tray and grill accessory, turn the food, return to the oven, close the door and press START pad. The oven will continue to countdown the remaining cooking time.

After Grilling it is important that the Grill accessories are removed for cleaning before reuse and that the oven walls and floor are wiped with a cloth squeezed in hot soapy water to remove any grease.

Maximum cooking time is 2hrs. (The 10 sec pad is inoperable.)

CAUTION: THE GRILL ACCESSORY AND SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES.

We suggest the following options for this Combination mode.

Grill Setting	Microwave Power	Use
1	WARM	Sausages, Frozen Potato Products.
2	SIMMER	Frozen Breaded Fish.
3	SIMMER	Reheating snacks
3	WARM	Reheating small pastry items

Foods should always be cooked until browned and piping hot.

For advice on cooking times refer to cooking charts and recipes in this book.

3. COMBINATION: GRILL CONVECTION AND MICROWAVE

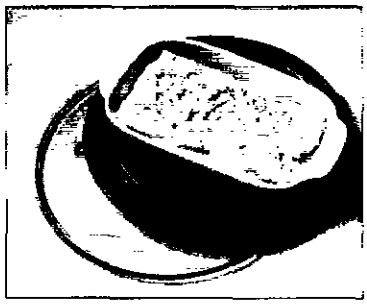
This combination mode is very useful for foods which require quick browning or crisping. Unsuitable foods are casseroles, cakes, meringues, pastries with sweet fillings, foods containing whisked eggs and yorkshire puddings.

It is not necessary to preheat and food should always be cooked uncovered.

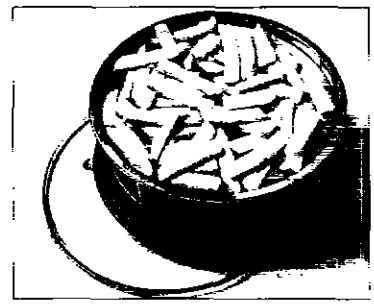
Grill 1 is the highest grill setting.

Maximum cooking time is 2 hrs (The 10 sec pad is inoperable.)

OVEN ACCESSORIES TO USE



Non-metallic dishes or items of food can be placed directly onto low rack on the metal tray on the glass turntable. Small items should be placed in heatproof dish on the low rack.



Food should be placed directly onto the Grill Accessory with the Splash Guard and Metal Tray on the glass turntable.

CAUTION: THE GRILL ACCESSORY AND SURROUNDING OVEN WILL GET VERY HOT. USE OVEN GLOVES.

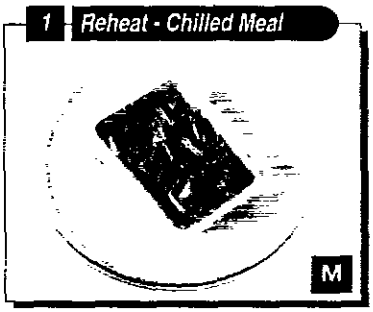
We suggest the following options for this Combination mode.

Grill Convection (Oven temp)	Grill	Microwave Power	Use
220°C	1	WARM	Small items normally grilled
220°C	2	WARM	As above but denser items
220°C/230°C	3	LOW	Reheating savoury items
250°C	3	SIMMER	Frozen potato products, flapjacks
230°C	3	WARM	Reheating foods with high sugar/fat content

For advice on cooking times refer to cooking charts and recipes in this book.

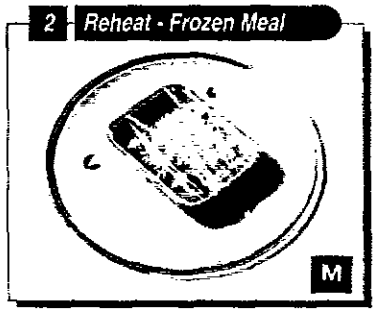
Auto Programs NN-C 897W/897C

1 Reheat - Chilled Meal



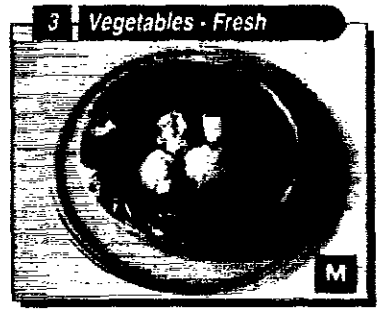
This program is for reheating chilled ready-made convenience meals or a home plated meal from fridge temperature. Foods must be in a suitable sized microwaveable container. Film should be pierced. Place on glass turntable, select program, and press START.

2 Reheat - Frozen Meal



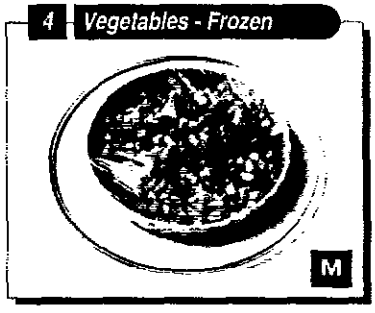
This program is for reheating frozen ready-made convenience meals. Foods must be in a suitable sized microwaveable container and covered. Pierce film. Place on glass turntable, select program, and press START.

3 Vegetables - Fresh



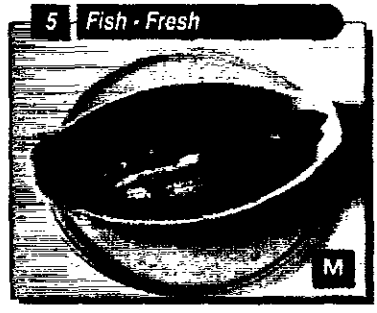
To cook FRESH vegetables e.g carrots, courgettes, broccoli, cauliflower and small potato pieces. Place prepared vegetables into a suitable sized container. Sprinkle with 6tbsp (90ml) of water. Cover with pierced cling film or a lid. Place on glass turntable, select program, and press START.

4 Vegetables - Frozen



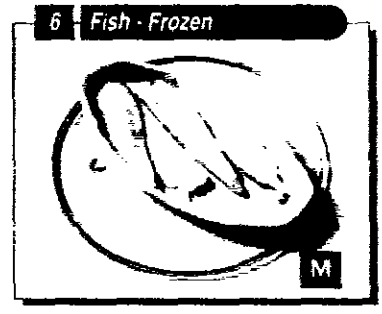
To cook FROZEN vegetables e.g. carrots, peas and cauliflower. Place in a suitable sized container, sprinkle with 2tbsp (30ml) of water. Cover with pierced cling film or a lid. Place on glass turntable, select program and press START.

5 Fish - Fresh



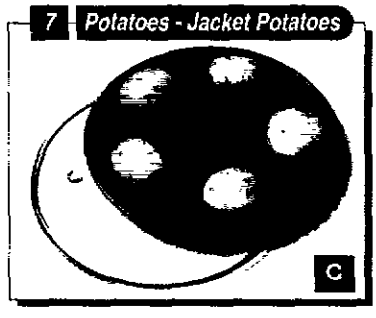
Prick the flesh and add 2tbsp (30ml) of water. See correct arranging on page 49. Cover with pierced cling film or a lid. Place on glass turntable, select program, and press START.

6 Fish - Frozen



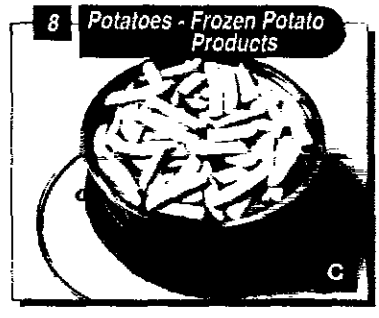
Add 2tbsp (30ml) of water to the fish. Cover with pierced cling film or use a dish with a lid. Shield fish if necessary. (See page 49). Place on glass turntable, select program and press START

7 Potatoes - Jacket Potatoes



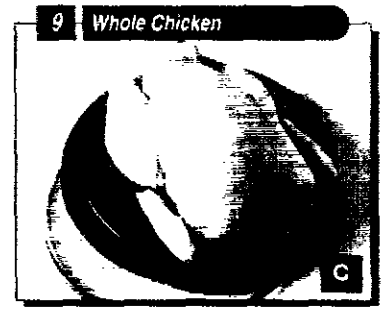
To cook jacket potatoes with a crisper drier skin. Choose medium sized potatoes 200-250g (7-9oz) maximum. Wash and dry potatoes and prick with a fork several times. Place directly on metal tray on glass turntable. Select program, then press START. Turn during cooking if necessary.

8 Potatoes - Frozen Potato Products



To cook FROZEN oven chips and potato products, eg Hash Browns, Croquettes, etc., that are suitable for GRILLING. Spread potato products out on Grill Accessory place on metal tray with splash guard on glass turntable. Select program, then press START. Turn during cooking. For best results cook in a single layer.

9 Whole Chicken

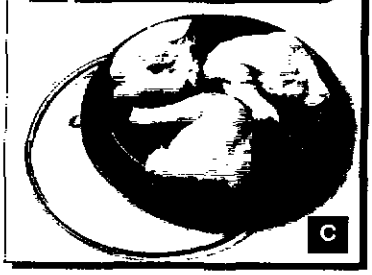


To cook WHOLE FRESH unstuffed chickens. Cook stuffing separately. Place chicken on low rack with splash guard on metal tray and place on glass turntable. Select program, enter in the weight of the chicken, then press START. Start cooking breast side down and turn halfway.

M = Microwave Power only
C = Combination ie. Convection + Micro Power, etc

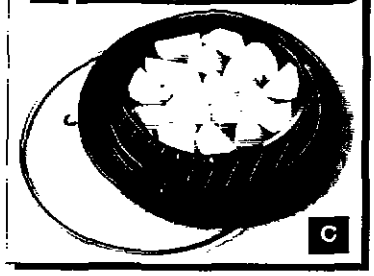
Auto Programs NN-C 897W/897C

10 Chicken Portions



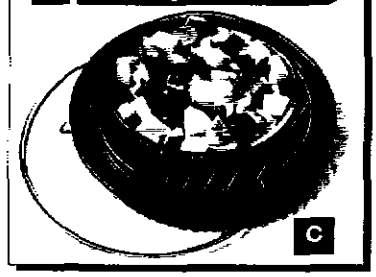
For cooking chicken quarters eg. leg quarters, breast quarters with bone. DO NOT use for drumsticks, boneless breasts or thighs. Place chicken on low wire rack with splash guard on metal tray on glass turntable. Select program. Enter the weight of chicken then press START. Turn during cooking if necessary.

11 Roast Veg - Roast Potatoes



For roasting potatoes. Cut potatoes into even sized pieces and place in heatproof ceramic or Pyrex* dish with 45ml (3tbsp) oil. Place dish on low wire rack on metal tray on glass turntable. Select program, enter the weight (excluding dish) and press START. Turn at least twice during cooking.

12 Roast Vegetables

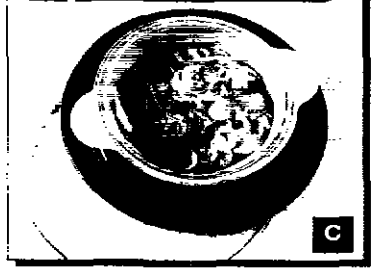


For roasting assorted vegetables. Cut vegetables into even sized chunks and place in heatproof ceramic or Pyrex* dish with 45ml (3tbsp) oil. Place dish on low wire rack on metal tray on glass turntable. Select program, enter the weight (excluding dish) and press START. Turn at least twice during cooking.

13 Meat - Beef/Lamb

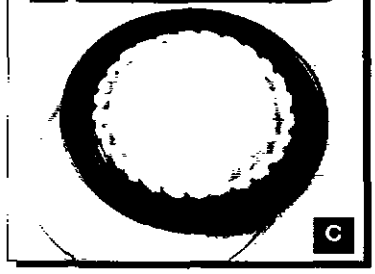
To cook a joint of beef or lamb. Place joint on low rack with splash guard on metal tray and place on glass turntable. Select program, enter the weight of the joint and press START. Turn halfway.

14 Meat - Casserole



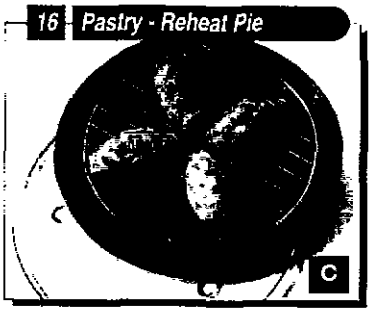
For cubed meat (eg. braising steak, lamb, pork not chicken) and vegetables. Place in a suitable sized casserole dish with stock. Use a minimum of 300ml of stock with weights below 1kg and 450ml with weights above. Cover with lid. Place on metal tray on glass turntable. Select program, enter weight (excluding the dish) and press START. When oven beeps stir the casserole.

15 Pastry - Bake Pie



Always use metal pie plates with solid base or round baking sheets. Preheat the oven to Convection 220°C with metal tray in place. When preheated cancel the Convection program. Select Pastry program. Place the pie plate onto metal tray on glass turntable. Enter in the weight of the pie (excluding the dish) then press START. It is not necessary to preheat the oven when baking a 1kg pie.

16 Pastry - Reheat Pie



For reheating FRESH (NOT frozen) precooked meat or vegetable pies, sausage rolls or pasties. DO NOT USE FOR XMAS PIES OR FRUIT PIES. Do not use for large deep filled family pies. Place on low rack on metal tray on glass turntable. Select program, enter in weight of pie then press START.

Minimum/Maximum Weights

When cooking with Auto Programs, food must be within the weight ranges shown below.

Program	Minimum	Maximum
Chilled Meal	300g (11oz)	600g (1lb 5oz)
REHEAT		
Frozen Meal	300g (11oz)	600g (1lb 5oz)
Fresh	100g (4oz)	800g (1lb 12oz)
VEGETABLES		
Frozen	100g (4oz)	1kg (2lb 4oz)
Fresh	200g (7oz)	1kg (2lb 4oz)
FISH		
Frozen	200g (7oz)	1kg (2lb 4oz)
Jacket Potatoes	200g (7oz)	1.5kg (3lb 5oz)
POTATOES		
Frozen Products	200g (7oz)	500g (1lb 2oz)

Program	Minimum	Maximum
Whole Chicken	1kg (2lb 4oz)	3kg (6lb 7oz)
CHICKEN		
Chicken Portions	300g (11oz)	1.5kg (3lb 5oz)
Roast Potatoes	400g (14oz)	1kg (2lb 4oz)
ROAST VEG		
Roast Vegetables	400g (14oz)	1kg (2lb 4oz)
Beef/Lamb	500g (1lb 2oz)	3kg (6lb10oz)
MEAT		
Casserole	500g (1lb 2oz)	2kg (4lb 7oz)
Bake Pie	600g (1lb 5oz)	1kg (2lb 4oz)
PASTRY		
Reheat Pie	100g (4oz)	600g (1lb 5oz)

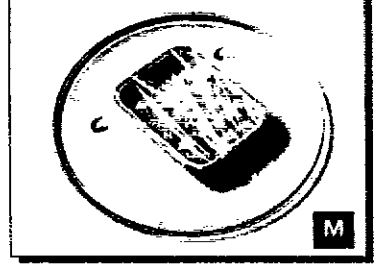
M = Microwave Power only
C = Combination ie. Convection + Micro Power, etc

Auto Programs NN-C 877W/877C

1 Reheat - Chilled Meal

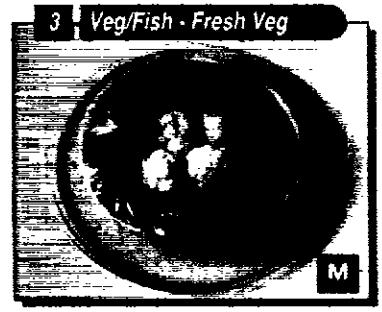
This program is for reheating chilled ready-made convenience meals or a home plated meal from fridge temperature. Foods must be in a suitable sized microwaveable container. Film should be pierced. Place on glass turntable, select program, enter weight and press START.

2 Reheat - Frozen Meal



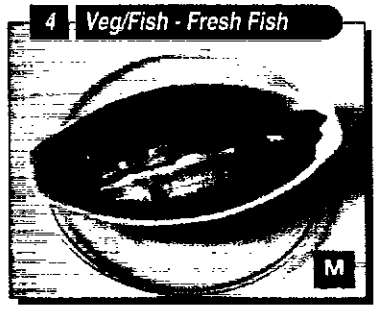
This program is for reheating frozen ready-made convenience meals. Foods must be in a suitable sized microwaveable container and covered. Pierce film. Place on glass turntable, select program, enter weight and press START.

3 Veg/Fish - Fresh Veg



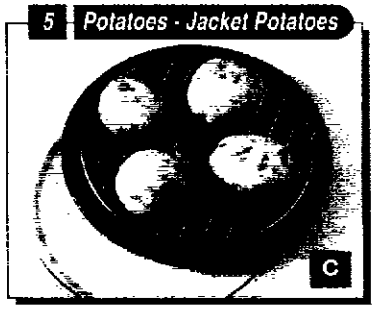
To cook FRESH vegetables e.g. carrots, courgettes, broccoli, cauliflower and small potato pieces. Place prepared vegetables into a suitable sized container. Sprinkle with 6tbsp (90ml) of water. Cover with pierced cling film or a lid. Place on glass turntable, select program, enter weight and press START

4 Veg/Fish - Fresh Fish



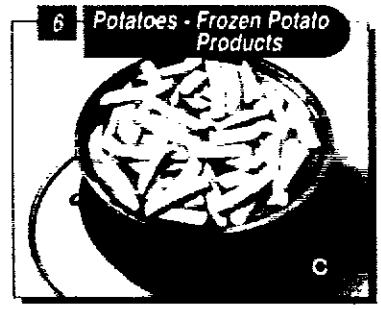
Prick the flesh and add 2tbsp (30ml) of water. See correct arranging on page 49. Cover with pierced cling film or a lid. Place on glass turntable, select program, enter weight and press START.

5 Potatoes - Jacket Potatoes



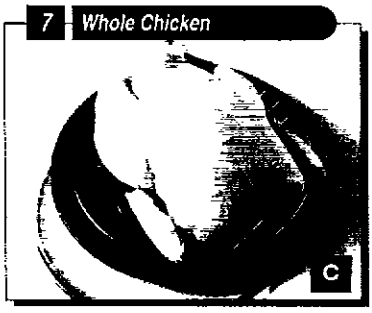
To cook jacket potatoes with a crisper drier skin. Choose medium sized potatoes 200-250g (7-9oz) maximum. Wash and dry potatoes and prick with a fork several times. Place on low rack on metal tray on glass turntable. Select program, enter weight then press START. Turn during cooking if necessary.

6 Potatoes - Frozen Potato Products



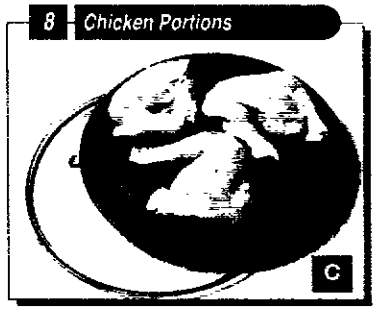
To cook FROZEN oven chips and potato products, eg Hash Browns, Croquettes, etc., that are suitable for GRILLING. Spread potato products out on Grill Accessory place on metal tray with splash guard on glass turntable. Select program, enter weight then press START. Turn during cooking. For best results cook in a single layer.

7 Whole Chicken



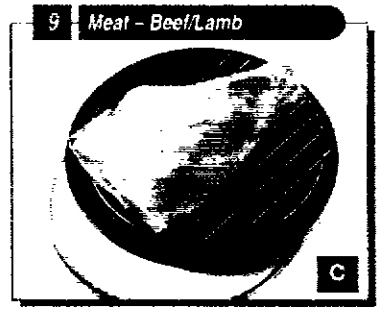
To cook WHOLE FRESH unstuffed chickens. Cook stuffing separately. Place chicken on low rack with splash guard on metal tray and place on glass turntable. Select program, enter in the weight of the chicken, enter weight then press START. Start cooking breast side down and turn halfway.

8 Chicken Portions



For cooking chicken quarters eg. leg quarters, breast quarters with bone. DO NOT use for drumsticks, boneless breasts or thighs. Place chicken on low wire rack with splash guard on metal tray on glass turntable. Select program. Enter the weight of chicken then press START. Turn during cooking if necessary.

9 Meat - Beef/Lamb



To cook a joint of beef or lamb. Place joint on low rack with splash guard on metal tray and place on glass turntable. Select program, enter the weight of the joint and press START. Turn halfway.

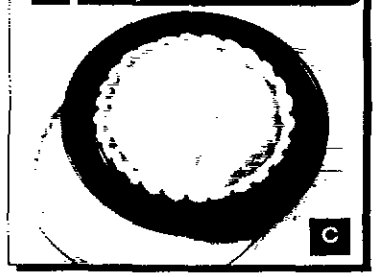
M = Microwave Power only
C = Combination ie. Convection + Micro Power, etc

Auto Programs NN-C 877W/877C

10 Meat - Casserole

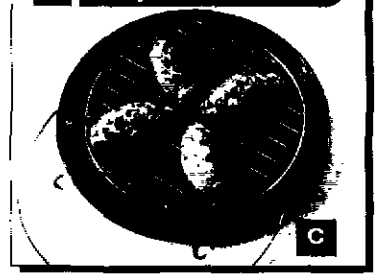
For cubed meat (eg. braising steak, lamb, pork not chicken) and vegetables. Place in a suitable sized casserole dish with stock. Use a minimum of 300ml of stock with weights below 1kg and 450ml with weights above. Cover with lid. Place on metal tray on glass turntable. Select program, enter weight (excluding the dish) and press START. When oven beeps stir the casserole.

11 Pastry - Bake Pie



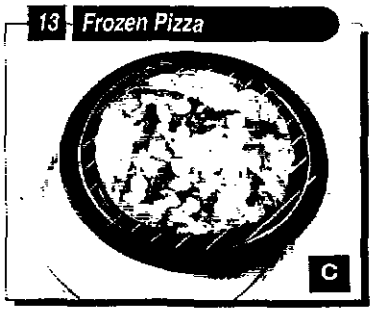
Always use metal pie plates with solid base or round baking sheets. Preheat the oven to Convection 220°C with metal tray in place. When preheated cancel the Convection program. Select Pastry program. Place the pie plate onto metal tray on glass turntable. Enter in the weight of the pie (excluding the dish) then press START. It is not necessary to preheat the oven when baking a 1kg pie.

12 Pastry - Reheat Pie



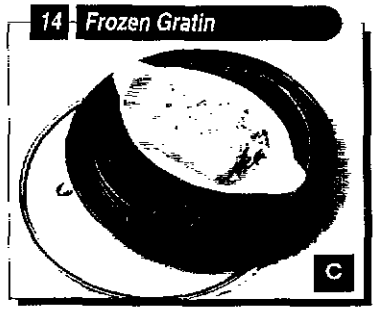
For reheating FRESH (NOT frozen) precooked meat or vegetable pies, sausage rolls or pasties. DO NOT USE FOR XMAS PIES OR FRUIT PIES. Do not use for large deep filled family pies. Place on low rack on metal tray on glass turntable. Select program, enter in weight of pie then press START.

13 Frozen Pizza



For reheating and browning frozen purchased pizzas. Remove all packaging and place on low rack on metal tray on glass turntable. Select program, enter weight and press START.

14 Frozen Gratin

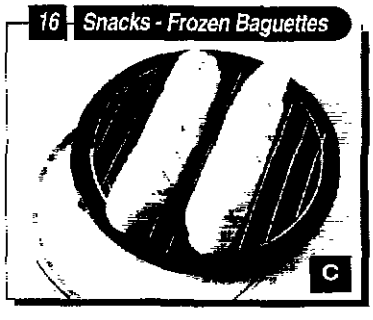


For reheating and browning a ready prepared frozen gratin eg. Macaroni Cheese. Cannelloni, Fish Mornay etc. Transfer to a non-metallic heatproof dish and place on low rack on metal tray on glass turntable. Select program, enter weight and press START.

15 Snacks - Savouries

For reheating savoury chilled snacks eg. samosas, spring rolls, breaded mushrooms. Place on the grill accessory with splash guard on metal tray on glass turntable. Select program, enter weight and press START. Turn during cooking if necessary.

16 Snacks - Frozen Baguettes



For reheating and browning part baked purchased FROZEN bread sticks/baguettes with flavoured butter filling. Remove all packaging. Place on low rack on metal tray on turntable. Select program, enter weight and press START.

Minimum/Maximum Weights

When cooking with Auto Programs, food must be within the weight ranges shown below.

Program	Minimum	Maximum
Chilled Meal	200g (7oz)	600g (1lb 5oz)
REHEAT		
Frozen Meal	300g (11oz)	600g (1lb 5oz)
Fresh Vegetables	100g (4oz)	800g (1lb 12oz)
VEG/FISH		
Fresh Fish	100g (4oz)	900g (2lb)
Jacket Potatoes	200g (7oz)	1.5kg (3lb 5oz)
POTATOES		
Frozen Products	200g (7oz)	500g (1lb 2oz)
Whole Chicken	1kg (2lb 4oz)	3kg (6lb10oz)
CHICKEN		
Chicken Portions	300g (11oz)	1.5kg (3lb 5oz)

Program	Minimum	Maximum
Beef/Lamb	500g (1lb 2oz)	3kg (6lb10oz)
MEAT		
Casserole	500g (1lb 2oz)	2kg (4lb 7oz)
Bake Pie	600g (1lb 5oz)	1kg (2lb 4oz)
PASTRY		
Reheat Pie	100g (4oz)	600g (1lb 5oz)
Frozen Pizza	300g (11oz)	700g (1lb 8oz)
PIZZA/GRATIN		
Frozen Gratin	200g (7oz)	900g (2lb)
Savouries	200g (7oz)	500g (1lb 2oz)
SNACKS		
Froz. Baguette	100g (4oz)	700g (1lb 8oz)

M = Microwave Power only
C = Combination ie. Convection + Micro Power, etc

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
BABIES BOTTLES – CAUTION				
For 7-8 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 25-30 secs. CHECK CAREFULLY For 3 fl.oz of milk from fridge temperature, remove top and teat. Heat on HIGH Power for 10-15 secs. CHECK CAREFULLY N.B. Liquid at the top of the bottle will be much hotter than at the bottom of the bottle and must be shaken thoroughly before checking the temperature. Milk or formula must always be tested carefully before feeding a baby.				
BREAD – Pre-cooked – Fresh – N.B. Breads reheated by Microwave will have a soft base.				
Croissants	1	HIGH power	15-20 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	2-3 mins.	Place on heatproof plate on turntable. Do not cover.
	4	HIGH power	30-40 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	3-5 mins.	Place on heatproof plate on turntable. Do not cover.
Rolls	1	HIGH power	15-20 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	3-4 mins.	Place on heatproof plate on turntable. Do not cover.
	4	HIGH power	30-40 secs.	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	4-6 mins.	Place on heatproof plate on turntable. Do not cover.
CANNED BEANS, RICE, PASTA				
Baked Beans	225g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
	447g	HIGH	4 mins.	
Baked Beans & Sausages/Burgers	450g	HIGH	5 mins.	Place in a heatproof bowl on turntable. Cover.
Ravioli in sauce	215g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
	400g	HIGH	4 mins.	
Rice	277g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Space Invaders	425g	HIGH	3 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Macaroni Cheese	210g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
	430g	HIGH	4 mins.	
Spaghetti in Tomato Sauce	213g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover
CANNED MEAT				
Chilli Con Carne	410g	HIGH	3 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Hot Dogs (drained)	415g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
Meat Balls	418g	HIGH	4 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Minced Beef & Onion	392g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover.
Stewed Steak	405g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover.
CANNED SOUPS				
Cream of Mushroom	425g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover.
Cream of Tomato	425g	HIGH	4 mins.	Place in a heatproof bowl on turntable. Cover.
Minestrone	300g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
CANNED PUDDINGS				
Creamed Rice	425g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
	624g	HIGH	3 mins.	
	822g	HIGH	5 mins.	
Custard	425g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Sponge Pudding	300g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
CANNED VEGETABLES – Drain where appropriate				
Carrots, whole	410g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
Green Beans	410g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Mushrooms, whole	300g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Mushrooms, creamed	213g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Peas, Mushy	440g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
CANNED VEGETABLES – Drain where appropriate				
Peas, Garden	550g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
Peas, Marrowfat	300g	HIGH	2 mins.	Place in a heatproof bowl on turntable. Cover.
Potatoes new	820g	HIGH	5 mins.	Place in a heatproof bowl on turntable. Cover.
Sweetcorn	198g	HIGH	1 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
	340g	HIGH	2 mins.	
Tomatoes, whole	400g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
Chick pea dhal	425g	HIGH	3 mins.	Place in a heatproof bowl on turntable. Cover.
CHRISTMAS PUDDINGS – Do not leave unattended as overheating can cause the food to ignite				
Slice	150g	HIGH	30 secs.	Place in a heatproof dish on turntable. Cover.
Small	450g	HIGH	2 mins.	Place in a heatproof dish on turntable. Cover.
Medium	900g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
Large	1.1kg	HIGH	3 mins. 30 secs.	Place in a heatproof dish on turntable. Cover.
DRINKS — COFFEE				
1 mug	235ml	HIGH	2 mins.	Place in a heatproof mug on turntable. Stir, before, during and after reheating.
2 mugs	470ml	HIGH	3 mins. 30 secs.	
3 mugs	705ml	HIGH	4 mins. 30 secs.	
4 mugs	940ml	HIGH	6 mins.	
DRINKS — MILK				
1 mug	235ml	MED	2 mins.	Place in a heatproof mug or jug on turntable. Stir, before, during and after reheating.
1 jug	600ml	MED	4 mins 30 secs.	
HOMEMADE MEAT DISHES				
Casserole for 2	500g	HIGH	6 mins.	Place in a heatproof dish on turntable. Cover.
Casserole for 4	1kg	HIGH	10-15 mins.	Place in a heatproof dish on turntable. Cover.
Mince for 1	250g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
Mince for 4	1kg	HIGH	8 mins.	Place in a heatproof dish on turntable. Cover.
Bolognese Sauce	250g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
	1kg	HIGH	8 mins.	
PASTA				
Cooked Spaghetti	100g	HIGH	1 min.	Place in a heatproof dish on turntable. Cover.
Macaroni Cheese	225g	HIGH	3 mins.	Place in a heatproof dish on turntable. Cover.
	1kg	HIGH	8 mins.	
PASTRY PRODUCTS – PRECOOKED – N.B. Pastries reheated by microwave will have a soft base. If pie comes in foil container place directly onto metal tray.				
Cornish Pastie	175g (1)	HIGH power or	1-2 mins.	Place in micro-safe dish on turntable. Do not cover.
		Combi: 200°C+WARM power	8 mins.	Place on low rack on metal tray on turntable. Do not cover.
	350g (2)	HIGH power or	3-4 mins.	Place in micro-safe dish on turntable. Do not cover.
		Combi: 200°C+WARM power	10 mins.	Place on low rack on metal tray on turntable. Do not cover
Meat Pie	145g (1)	HIGH power or	5-6 mins.	Place in micro-safe dish on turntable. Do not cover.
		Combi: 200°C–LOW power	7 mins.	Place on low rack on metal tray on turntable. Do not cover.
	425g (2)	**Combi:** 200°C+LOW power	12 mins.	Place on low rack on metal tray on turntable. Do not cover.

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
PASTRY PRODUCTS – PRECOOKED – N.B. Pastries reheated by microwave will have a soft base. If pie comes in foil container place directly onto metal tray.				
Quiche	400g (1)	HIGH power or	3-4 mins.	Place in micro-safe dish on turntable. Do not cover.
		Combi: 220°C+SIM power	12 mins.	Place on low rack on metal tray on turntable. Do not cover.
	567g (2)	HIGH power or	4-5 mins.	Place in micro-safe dish on turntable. Do not cover.
		Combi: 220°C+SIM power	14-15 mins.	Place on low rack on metal tray on turntable. Do not cover.
Sausage Roll	75g (1)	HIGH power or	1 min.	Place in micro-safe dish on turntable. Do not cover.
	265g (2)	**Combi:** 230°C+WARM power	8-9 mins.	Place on low rack on metal tray on turntable. Do not cover
Xmas Mince Pies	90g (2)	HIGH power	10-20 secs	Place in micro-safe dish on turntable. Do not cover.
PLATED MEALS – HOMEMADE – CHILLED				
Child size	1	HIGH	3 mins.	Place on a heatproof plate on turntable. Cover.
	2	HIGH	5 mins.	
Adult size	1	HIGH	4-5 mins.	Place on a heatproof plate on turntable. Cover.
	2	HIGH	5-6 mins.	
PORRIDGE				
1 portion		HIGH	1 min.	Use a large bowl on turntable. Stir during cooking.
4 portions		HIGH	5 mins.	Use a large bowl on turntable. Stir during cooking.
PUDDINGS AND DESSERTS – Transfer puddings to a heatproof dish				
Apple Pie	465g	HIGH or	4 mins.	Place on turntable. Do not cover.
		Combi: 230°C+WARM power	9-10 mins.	Place on metal tray on turntable. Do not cover.
Baked Apple – 1	175g	HIGH	30 secs.-1 min.	Place in a heatproof bowl on turntable. Cover.
Bread and Butter Pudding	340g	HIGH or	2-3 mins.	Place on turntable. Do not cover.
		Combi: 230°C+WARM power	10-12 mins.	Place on metal tray on turntable. Do not cover.
Fruit Crumble	450g	HIGH or	1 min. 20 secs.	Place on turntable. Do not cover.
		Combi: 230°C+WARM power	8 mins.	Place on metal tray on turntable. Do not cover.
Milk Pudding for 1		HIGH	50 secs.	Place in a heatproof bowl on turntable. Cover.
Milk Pudding for 4		HIGH	3 mins. 40 secs.	Place in a heatproof bowl on turntable. Cover.
Pancakes, filled	1	HIGH	45-60 secs.	Place on a heatproof plate on turntable. Cover.
	2	HIGH	1 min. 30 secs.	
Rice Pudding	500g	HIGH	2 mins. 30 secs.	Place in a heatproof bowl on turntable. Cover.
PURCHASED CONVENIENCE FOODS – CHILLED N.B. Transfer food from foil container to a similar sized heat-proof dish.				
Cauliflower Cheese	220g	HIGH power or	4 mins.	Place on turntable.
		Combi: 220°C+SIM power	10-12 mins.	Place on metal tray on turntable. Do not cover
	454g	HIGH power or	7 mins.	Place on turntable.
		Combi: 220°C+SIM power	12-14 mins.	Place on metal tray on turntable. Do not cover.
Cottage Pie	190g	HIGH power or	3-4 mins.	Place on turntable.
		Combi: 220°C+SIM power	12-14 mins.	Place on metal tray on turntable. Do not cover.
	595g	HIGH power or	6-8 mins.	Place on turntable.
		Combi: 220°C+SIM power	15-17 mins.	Place on metal tray on turntable. Do not cover.
Crisp Bakes	227g (2)	GRILL 1	10-12 mins.	Place on grill accessory on turntable.
Filled Mushrooms	227g	GRILL 1 or	8-10 mins.	Place on grill accessory on turntable.
		Combi: 230°C+WRM power	6-8 mins.	Place on metal tray on turntable.
Hot & Spicy Wings	700g	HIGH power	6-7 mins.	Place on micro-safe plate or rack on turntable.
		or GRILL 1	10-12 mins.	Place on grill accessory on turntable. Turn halfway.

Reheating Charts

Food	Weight/ Quantity	Power Level	Time to Select (approx)	Instructions/Guidelines
PURCHASED CONVENIENCE FOODS – CHILLED N.B. Transfer food from foil container to a similar sized heat-proof dish.				
Lasagne	300g	HIGH power or	5-6 mins.	Place on turntable.
		Combi: 200°C+LOW power	11-12 mins.	Place on metal tray on turntable. Do not cover.
Onion Bhajis, Pakora & Felafel	200g (6)	HIGH power	1-2 mins.	Place on micro-safe plate on turntable.
		or GRILL 1 or	5-6 mins.	Place on grill accessory on turntable. Turn halfway.
		Combi: 230°C+WRM power	6-8 mins.	Place on low rack on metal tray on turntable. Turn halfway.
Spare Ribs	250g	HIGH power	5 mins.	Place on micro-safe plate or rack on turntable.
		or GRILL 1	10 mins.	Place on grill accessory on turntable. Turn halfway.
Turkey Burgers	260g (2)	GRILL 1	10 mins.	Place on grill accessory on turntable. Turn halfway.
Vegetable Bake	454g	HIGH power or	6-8 mins.	Place on turntable.
		Combi: 200°C+SIM power	12-14 mins.	Place on metal tray on turntable. Do not cover.
PURCHASED CONVENIENCE FOODS – FROZEN – N.B. Transfer food from foil container to a similar sized heat-proof dish. Plastic dishes designed for microwave and conventional ovens may be used with care.				
Breaded Mushrooms	300g	GRILL 1 or	12-14 mins.	Place on grill accessory on turntable. Turn halfway.
		Combi: Grill 1+WRM power	10-12 mins.	Place on grill accessory on turntable. Turn halfway.
Crispy Pancakes	227g	GRILL 1	12-14 mins.	Place on grill accessory on turntable. Turn halfway.
Golden Drummers	340g (6)	GRILL 1	12-15 mins.	Place on grill accessory on turntable. Turn halfway.
Lasagne	330g	DEFROST power then HIGH power or	8 mins. 8-9 mins.	Place on turntable.
		Combi: 220°C+SIM power	20-22 mins.	Place on metal tray on turntable.
Onion Rings	250g	GRILL 1	10-12 mins.	Place on grill accessory on turntable. Turn halfway.
Fish Pie	250g	HIGH power or	7-8 mins.	Place on turntable.
	397g	**Combi:** 220°C+SIM power	18 mins.	Place on metal tray on turntable.
Shepherd's Pie	460g	DEFROST power then HIGH power or	10 mins. 6-8 mins.	Place on turntable.
		Combi: 220°C+SIM power	18-20 mins.	Place on metal tray on turntable.
SAUCES				
Custard	300ml	HIGH	1 min. 30 secs.	Place in a large jug. Stir during reheating.
	600ml	HIGH	3 mins.	
Savoury Sauce	300ml	HIGH	2 mins.	Place in a large jug. Stir during reheating.
VEGETABLES				
Jacket Potato	250g	HIGH	1 min.	Place in a heatproof dish. Cover.
Mashed Potato	350g	MEDIUM	7-8 min.	Place in a heatproof dish. Cover.
Green Vegetables	100g	HIGH	1 min. 30 secs.	Place in a heatproof dish. Cover.
	225g	HIGH	2 mins.	
Root Vegetables	100g	HIGH	1 min.	Place in a heatproof dish. Cover.
	225g	HIGH	1 min. 30 secs.	

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
BREAD – Frozen				
Part-baked rolls	*200g (4)*	***Combi:*** *230°C–SIM power*	*10*	*Place on metal tray on turntable*
Part-baked Garlic Baguette	170g (1)	**Combi:** 230°C+SIM power	7	Place on metal tray on turntable.
BACON – from raw				
Rashers	200g (8)	HIGH power	4-6 or 45 secs. per rasher	Place on micro-safe rack or plate on turntable and cover with kitchen towel to minimise splatter.
		or GRILL 1	10-12	Place on grill accessory metal tray and splash guard on turntable. Turn halfway.
Steaks	255g (4)	HIGH power	4-5	Place on micro-safe rack or plate on turntable.
		or GRILL 1	12	Place on grill accessory metal tray and splash guard on turntable. Turn halfway.
BEANS & PULSES – should be pre-soaked (except lentils)				
Black Eyed Beans	225g	HIGH power	10	Use 600ml (1pt) boiling water in a large bowl Cover.
		then SIMMER	25-30	
Chick Peas	225g	HIGH power	10	Use 600ml (1pt) boiling water in a large bowl Cover.
		then SIMMER	40	
Lentils	225g	MEDIUM power	10-15	Use 600ml (1pt) boiling water in a large bowl Cover.
Marrowfat Peas	225g	HIGH power	3	Use 600ml (1pt) boiling water in a large bowl Cover.
		then SIMMER	15-20	
Red Kidney Beans	225g	HIGH power	15	Use 600ml (1pt) boiling water in a large bowl Cover.
		then SIMMER	40	**Must boil for at least 12 mins to destroy toxic enzymes**
BEEF – Joints from raw – Caution: Hot fat! Remove dish with care. For Guidelines see Meat Chapter page 54.				
Topside, Forerib, Sirloin		**Combi:** 180°C–SIM power	12-15 per 450g	Place on low rack on metal tray and splash guard on turntable. Turn halfway.
Mince		HIGH + MEDIUM POWER	10 +15 per 450g	Place in micro safe dish on turntable. Stir halfway. Cover.
Rump/Sirloin	275g (2)	MEDIUM power or	6-8	Place on micro-safe rack or plate on turntable. Cover.
		GRILL 1	10-12	Place on grill accessory metal tray and splash guard on turntable. Turn halfway.
Stewing Steak	450g-675g	*HIGH + SIMMER POWER or*	*10+60*	*Place in micro-safe dish on turntable.* Stir halfway. Cover.
		Combi: 160°C–WRM power	1hr-1hr 40	Place in casserole dish with lid on metal tray on turntable. Stir halfway
BEEFBURGERS – Fresh from raw – Caution: Hot fat! Remove grill accessory with care.				
	295g (2)	HIGH power	3-4	Place on micro-safe rack or plate on turntable. Cover.
		or GRILL 1	10-12	Place on grill accessory metal tray and splash guard on turntable. Turn halfway.
BEEFBURGERS – Frozen from raw – Caution: Hot fat! Remove grill accessory with care.				
	227g (4)	HIGH power	6-8	Place on micro-safe rack or plate on turntable. Cover.
		or GRILL 1	12-14	Place on grill accessory metal tray and splash guard on turntable. Turn halfway.
CHICKEN from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 54.				
Breasts, boneless	850g (4)	MEDIUM power	12-14	Place on micro-safe rack or plate on turntable. Cover.
		or GRILL 1 or	20-25	Place on grill accessory metal tray and splash guard on turntable. Turn halfway.
		GRILL/CONV 230°C	25	Low wire rack, metal tray and splash guard on turntable. Turn halfway.
Drumsticks	900g (8)	MEDIUM power	12-14	Place on micro-safe rack or plate on turntable. Cover.
		or GRILL 1 or	20-25	Place on grill accessory metal tray and splash guard on turntable. Turn halfway.
		Combi: GRILL/CONV 250°C + GRILL 3 + SIM power	20-25	Place on low rack on metal tray and splash guard on turntable.

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
CHICKEN from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 54.				
Kiev (fresh)	283g (2)	GRILL-CONV 250°C–GRILL 1	15-17	Place on low rack on metal tray and splash guard on turntable.
	600g (4)		18-20	
Nuggets (frozen)	400g	**Combi:** GRILL-CONV 250°C–WARM power	15-18	Place on grill accessory on metal tray and splash guard on turntable.
		or GRILL 1	15-20	Place on grill accessory metal tray and splash guard on turntable. Turn halfway.
Nuggets (fresh)	400g	**Combi:** GRILL-CONV 220°C–GRILL 1 +WARM power	10	Place on grill accessory on metal tray and splash guard on turntable.
Quarters	1.2kg (4)	MEDIUM power	20-25	Place on micro-safe rack or plate on turntable. Cover.
		or GRILL 1 or	30-35	Place on grill accessory on metal tray and splash guard on turntable.
		GRILL-CONV 220°C	20-25	Place on low rack on metal tray and splashguard on turntable.
Whole		MEDIUM power or	8-9 per 450g	Place in micro-safe dish on turntable. Cover.
		Combi: 190°C+SIM power	12-15 per 450g	Place on low rack on metal tray and splashguard on turntable. Turn halfway. DO NOT COVER.
EGGS – Poached.				
Water	45ml	HIGH power	40 secs	• Place water in a small bowl and heat for 1st cooking time. • Add egg (size 3). • Pierce yolk and white. • Cover. • Cook for 2nd cooking time. • Then leave to stand for 1 min.
Egg	1	MEDIUM power	1	
Water	90ml	HIGH power	1	
Eggs	2	MEDIUM power	1	
Water	135ml	HIGH power	1m.30 secs	
Eggs	3	MEDIUM power	1m.30 secs.	
Water	180ml	HIGH power	2	
Eggs	4	MEDIUM power	1m.50 secs.	
EGGS – Scrambled.				
1 Egg		HIGH power	30 secs	• Add 1 tbsp of milk for each egg used. • Beat eggs, milk and knob of butter together. • Cook for 1st cooking time then stir. • Cook for 2nd cooking time then stand for 1 min.
		HIGH power	20 secs	
2 Eggs		HIGH power	50 secs	
		HIGH power	30 secs	
3 Eggs		HIGH power	1m.20 secs	
		HIGH power	30 secs	
FISH – FRESH from raw – For Guidelines see Fish Chapter page 49.				
Breaded Fillets	300g (2)	GRILL 1 or	10-12	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
		Combi: GRILL-CONV 230°C + GRILL 1 + WARM power	10-12	
Cakes	200g (2)	GRILL 1 or	8-10	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
		Combi: GRILL-CONV 230°C + GRILL 1 + WARM power	10	
Fillets	450g (3)	HIGH power	3-4	Place in micro-safe dish. Add 30ml of liquid. Cover.
		or GRILL 1	12-14	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
Breaded fillets, filled	300g	**Combi:** GRILL-CONV 230°C + GRILL 1 + WARM power	10-12	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
Steaks	350g (2)	HIGH power	3-4	Place in micro-safe dish. Add 30ml of liquid. Cover.
		or GRILL 2	10-12	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
Whole	280g (1)	HIGH power	4-5	Place in micro-safe dish. Add 30ml of liquid. Cover.
		or GRILL 2	12-14	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
FISH – FROZEN from raw – For Guidelines see Fish Chapter page 49.				
Breaded Fillets	300g (2)	GRILL 1 or	16-18	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
		Combi: GRILL 2 + SIM power	10-12	
		Combi: GRILL/CONV 230°C + GRILL 3 + SIM power	10-12	
Cakes	400g (4)	GRILL 1 or	8-10	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
		Combi: GRILL/CONV 250°C + WARM power	10	
Fish Fingers	210g (8)	HIGH power or	4-5	Place on micro-safe dish. Do not cover.
		or GRILL 1	12-14	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
Haddock Fillets	380g (4)	HIGH power or	7	Place in micro-safe dish. Add 30ml of liquid. Cover.
		GRILL 1	10-15	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
Scampi	255g	GRILL 1 or	8-10	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
		Combi: GRILL/CONV 230°C + GRILL 2 + SIM power	10	
Whole	450g (2)	HIGH power	10-12	Place in micro-safe dish. Add 30ml of liquid. Cover.
Steaks	450g (2)	HIGH power	8-9	Place in micro-safe dish. Add 30ml of liquid. Cover.
Boil in the Bag	150g-170g	DEFROST then STAND then MEDIUM	4 then 2 then 6	Place bag sauce side down on a plate. Slash top.
FRUIT – Peel, slice, chop into even sized pieces. Place in shallow heatproof dish on turntable.				
Apples – poached	450g	HIGH power	6	Add 300ml (½ pt) of water. Only half fill dish. Cover.
Apples – stewed	450g	HIGH power	5	Only half fill dish. Cover.
Peaches – poached	450g	HIGH power	4-5	Add 300ml (½ pt) of water. Only half fill dish. Cover.
Pears – poached	450g	HIGH power	5-6	Add 300ml (½ pt) of water. Only half fill dish. Cover.
Plums – poached	450g	HIGH power	8	Add 300ml (½ pt) of water. Only half fill dish. Cover
Plums – stewed	450g	HIGH power	8-10	Add 30ml (2tbsp) of water. Only half fill dish. Cover.
Rhubarb – stewed	450g	HIGH power	5	Only half fill dish. Cover.
GAME				
Rabbit portions (4)		**Combi:** 160°C+WRM power	1hr 20 mins	Place on low rack on metal tray + splashguard on turntable. Do not cover.
Duck, whole		**Combi:** 190°C+SIM power	10-12 mins per 450g	
Pheasant, whole		**Combi:** 190°C+SIM power	9-10 mins per 450g	
Pheasant prtns. (4)		**Combi:** 190°C+SIM power	1hr 45 mins	
LAMB – from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 54.				
Chops, cutlets	425g (4)	MEDIUM power	6-7	Place in micro-safe dish or rack on turntable. Cover.
		or GRILL 1	15-18	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
Chops, Loin	600g (4)	MEDIUM power	7-8	Place in micro-safe dish or rack on turntable. Cover.
		or GRILL 1	15-18	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
Joints		**Combi:** 180°C+SIM power	11-12 mins per 450g	Place on low rack on metal tray + splashguard on turntable. Turn halfway.
Stewing lamb ie. neck chops		HIGH + LOW power or	10 + 40	Place in micro-safe dish on turntable. Stir halfway. Cover
		Combi: 160°C+WRM power	1hr 20 mins	Place in casserole with lid on metal tray on turntable. Stir halfway.
Casseroling lamb ie. diced shoulder		HIGH + LOW power or	10 + 60	Place in micro-safe dish on turntable. Stir halfway. Cover
		Combi: 160°C+WRM power	1hr 30 mins	Place in casserole with lid on metal tray on turntable. Stir halfway.

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
PASTA				
Twists	225g	HIGH power	8-10	Use 1litre (1¾pt) boiling water. Add 15ml oil. Cover. Stir halfway
Macaroni	225g	HIGH power	10-12	Use 1litre (1¾pt) boiling water. Add 15ml oil. Cover. Stir halfway
Spaghetti	*225g*	*HIGH power*	8	Use 1litre (1¾pt) boiling water. Add 15ml oil. Cover. Stir halfway
Lasagne	225g	HIGH power	6-8	Use 1litre (1¾pt) boiling water. Add 15ml oil. Cover. Stir halfway
Tortellini	225g	HIGH power	12	Use 1litre (1¾pt) boiling water. Add 15ml oil. Cover. Stir halfway
Tagliatelle	225g	HIGH power	8-9	Use 1litre (1¾pt) boiling water. Add 15ml oil. Cover. Stir halfway
Spaghetti (Quick Cook)	225g	HIGH power	5-7	Use 1litre (1¾pt) boiling water. Add 15ml oil. Cover. Stir halfway
Pasta Shapes (Quick Cook)	*225g*	*HIGH power*	6-7	Use 1litre (1¾pt) boiling water. Add 15ml oil. Cover. Stir halfway
PASTRY – UNCOOKED				
Shortcrust Flan Case	23cm (9")	HIGH power or	3-4	Prick base of pastry and chill well. Lay piece of kitchen towel in base. Place on turntable.
		Combi: GRILL/CONV GRILL 3 – SIM power	7-8	Prick base of pastry and chill well. Do not cover. Place on low rack on metal tray on turntable.
Vol-au-Vents	125g (6)	**Combi:** GRILL/CONV 250°C + GRILL 1	10	Brush with beaten egg. Place on baking sheet on metal tray on low rack on turntable.
PIZZA – FRESH chilled – N.B. Remove all packaging. Pizzas will have a soft base				
Chilli Beef	400g	HIGH power	4-5	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	12-14	Place on heatproof plate on turntable. Do not cover.
Deep Pan, Ham	475g	HIGH power	4-6	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	13-15	Place on heatproof plate on turntable. Do not cover.
Selection	370g	HIGH power	4-5	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	10-12	Place on heatproof plate on turntable. Do not cover.
Thin and Crispy	450g	**Combi:** 220°C–S M power	10-15	Place on low rack on metal tray on turntable. Do not cover.
		GRILL/CONV 220°C + GRILL 3	13-15	
PIZZA – FROZEN – N.B. Remove all packaging. Pizzas will have a soft base.				
French Bread	320g (1)	GRILL 1 or	13-15	Place on heatproof plate on turntable. Do not cover.
		Combi: GRILL/CONV 220°C GRILL 3 + SIM power	12–15	Place on low wire rack on metal tray on turntable. Do not cover.
Pepperoni	420g	**Combi:** GRILL/CONV 220°C GRILL 3 + S M power	12–15	Place on low wire rack on metal tray on turntable. Do not cover.
PORK – from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 54.				
Chops	425g	GRILL 1	15-20	Place on grill accessory on metal tray and splash guard turntable. Turn halfway.
	800g (4)	GRILL 1	20-25	Place on grill accessory on metal tray and splash guard turntable. Turn halfway.
Tenderloin	250g	MEDIUM power	5-7	Place in micro-safe dish or rack on turntable. Cover.
		or GRILL 2 or	20-25	Place on grill accessory on metal tray and splash guard turntable. Turn halfway.
		GRILL/CONV 250°C	12-15	Place on grill accessory on metal tray and splash guard turntable. Turn halfway.
Joints		MEDIUM power or	13-14 per 450g (1lb)	Place on upturned saucer in heatproof dish on turntable. Turn joint over halfway during cooking. Drain off fat during cooking.
		Combi: 170°C–LOW power	15-16 per 450g (1lb)	Place on low rack on metal tray and splashguard. Turn halfway.

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
PORK – from raw – CAUTION: Hot Fat! Remove accessory with care. For Guidelines see Meat Chapter page 54.				
Gammon covered with water		HIGH then MEDIUM power	15 then 15-20 per 450g	Place in large casserole with lid and cover with water.
Tenderloin, whole		**Combi:** 170°C+WRM power	15-20 per 450g	Place on low rack on metal tray and splashguard on turntable. Turn halfway.
Cubed	450g	HIGH + LOW power or	10 + 40 per 450g	Place in casserole with lid on turntable. Stir halfway. Cover.
		Combi: 160°C+WRM power	1hr 40 mins	Place in casserole with lid on metal tray on turntable. Stir halfway.
Porridge – N.B: Use a large bowl.				
1 serving	½ cup of oats	MEDIUM power	2-2½	Add 1 cup of water or milk. Stir halfway.
2 servings	1 cup of oats	MEDIUM power	4-5	Add 2 cups of water or milk. Stir halfway.
4 servings	2 cups of oats	MEDIUM power	8-9	Add 4 cups of water or milk. Stir halfway.
POTATO PRODUCTS part cooked – FRESH				
Croquettes	250g (6)	HIGH power	3-4	Place on micro-safe plate on turntable. Do not cover.
		or GRILL 1	12-14	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
Stuffed Jackets	510g (4)	HIGH power	8-10	Place on micro-safe plate on turntable. Do not cover.
POTATO PRODUCTS part cooked – FROZEN				
Croquettes	300g	GRILL 1 or	13-14	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
		Combi: GRILL/CONV 250°C + GRILL 3 + SIM power	10-12	
Hash Browns	300g (7)	GRILL 1	15-18	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
Oven Chips & Associated Products	300g	GRILL 1 or	15-20	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
		Combi: Grill + WARM power	10-15	
	450g	**Combi:** GRILL/CONV 250°C + GRILL 3 + SIM power	10-15	
RICE				
Basmati	250g	MEDIUM power	10-12	Use 600ml (1pt) boiling water. Cover
Easycook White	250g	HIGH power	12-13	Use 600ml (1pt) boiling water. Cover
Easycook Brown	250g	HIGH power	15-17	Use 600ml (1pt) boiling water. Cover
Long Grain White	250g	MEDIUM power	14	Use 600ml (1pt) boiling water. Cover
Long Grain Brown	250g	MEDIUM power	20	Use 600ml (1pt) boiling water. Cover
Wild Rice & Brown Rice Mix	250g	MEDIUM power	18	Use 600ml (1pt) boiling water. Cover
MILK PUDDING – Use large bowl, cover. Stir halfway.				
Flaked Rice	50g	SIMMER power	20	Add 600ml (1pt) milk. 30ml sugar
Pudding Rice	50g	HIGH power then SIMMER	5 35	Add 450ml (¾pt) milk. 30ml sugar
Tapioca	50g	SIMMER power	30-35	Add 600ml (1pt) milk. 30ml sugar
SAUSAGES from raw – CAUTION: Hot Fat! Remove accessory with care.				
Chipolatas	227g (8)	HIGH power	3	Place on micro-safe plate or rack on turntable. Cover
		or GRILL 1 or	8-12	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
		GRILL/CONV 250°C	8-10	

Cooking Charts

Food	Weight/ Quantity	Choice of Cooking Modes	Time (mins.)	Instruction/Guidelines
SAUSAGES from raw – CAUTION: Hot Fat! Remove accessory with care.				
Thick	454g (8)	GRILL 1 or	12-14	Place on grill accessory on metal tray and splash guard on turntable. Turn halfway.
		Combi: GRILL 1+WRM power	10-15	
		GRILL/CONV 250°C	12-15	
TURKEY				
Turkey, whole		**Combi:** 190°C - SIM power	8-10 mins per 450g	Place on low wire rack on metal tray and splash guard on turntable. Turn halfway.
FRESH VEGETABLES – Place in shallow micro-safe dish.				
Asparagus	450g	HIGH power	6-8	Add 90ml (6tbsp) water. Cover
Broad Beans	450g	HIGH power	6	Add 90ml (6tbsp) water. Cover
Runner Beans	450g	HIGH power	7	Add 90ml (6tbsp) water. Cover
Beetroot	450g	MEDIUM power	12	Add 90ml (6tbsp) water. Cover
Broccoli	450g	HIGH power	8	Add 90ml (6tbsp) water. Cover
Brussel Sprouts	450g	HIGH power	8-9	Add 90ml (6tbsp) water. Cover
Cabbage - sliced	450g	HIGH power	7-9	Add 90ml (6tbsp) water. Cover
Carrots - sliced	450g	HIGH power	7-9	Add 90ml (6tbsp) water. Cover
Cauliflower - florets	450g	HIGH power	9	Add 90ml (6tbsp) water. Cover
Courgettes	450g	HIGH power	5	Add 90ml (6tbsp) water. Cover
Corn on the Cob	450g	HIGH power	6-7	Add 90ml (6tbsp) water. Cover
Leeks - sliced	450g	HIGH power	7-8	Add 90ml (6tbsp) water. Cover
Mushrooms	450g	HIGH power	5	Add 90ml (6tbsp) water. Cover
Parsnips - sliced	450g	HIGH power	6-7	Add 90ml (6tbsp) water. Cover
Peas	450g	HIGH power	4-6	Add 90ml (6tbsp) water. Cover
Potatoes - boiled	450g	HIGH power	6-7	Add 90ml (6tbsp) water. Cover
Potatoes - par-boiled	450g	HIGH power	4-5	Add 90ml (6tbsp) water. Cover
Potatoes - jacket (225g)	1	HIGH power or	5	Wash and prick skins several times. Place directly on glass turntable if cooking by microwave. If cooking by combination place directly on the low wire rack on metal tray on turntable. Allow to stand for 5 mins. Or use Auto Program Jacket Potato.
		Combi: 250°C+WRM power	25-30	
	2	HIGH power or	8	
		Combi: 250°C+WRM power	35	
	4	HIGH power or	13	
		Combi: 250°C+WRM power	40-45	
	6	HIGH power or	18-20	
		Combi: 250°C+WRM power	50	
Spinach	450g	HIGH power	7	Add 90ml (6tbsp) water. Cover
Spring Greens	450g	HIGH power	7	Add 90ml (6tbsp) water. Cover
Swede - cubed	450g	HIGH power	7-8	Add 90ml (6tbsp) water. Cover
FROZEN VEGETABLES – Place in shallow micro-safe dish.				
Beans - broad	450g	HIGH power	8	Add 30ml (2tbsp) water. Cover
Beans - green	450g	HIGH power	8-9	Add 30ml (2tbsp) water. Cover
Brocolli	450g	HIGH power	9	Add 30ml (2tbsp) water. Cover
Brussel Sprouts	450g	HIGH power	9-10	Add 30ml (2tbsp) water. Cover
Cabbage - shredded	450g	HIGH power	5-6	Add 30ml (2tbsp) water. Cover
Carrots - sliced	450g	HIGH power	8	Add 30ml (2tbsp) water. Cover
Cauliflower	450g	HIGH power	10	Add 30ml (2tbsp) water. Cover
Mixed Vegetables	450g	HIGH power	7	Add 30ml (2tbsp) water. Cover
Peas	450g	HIGH power	6-7	Add 30ml (2tbsp) water. Cover
Spinach - nuggets	450g	HIGH power	8-9	Add 30ml (2tbsp) water. Cover
Sweetcorn	450g	HIGH power	7	Add 30ml (2tbsp) water. Cover

Defrosting Common Foods

Select Defrost Power then the approximate time given below.

The times given below are guidelines only.

Food	Qty	Weight	Time to Select (approx)
BACON			
Rashers	10	227g	6-7 mins.
Steaks	2	225g	7 mins.
BEEFBURGERS	4	226g	7 mins.
BEEF			
Mince	–	350g	10-12 mins.
Stewing Steak, cubed	–	450g	12 mins.
Joints	–	450g	20 mins.
BREAD			
Large Loaf	1	800g	10-14 mins.
Small Loaf	1	400g	6-8 mins.
Slice	1	30g	40 secs.
Rolls	4	200g	3-4 mins.
Croissants	4	200g	1-2 mins.
BUTTER	–	250g	2 mins.
CAKES			
Cheesecake	1	425g	6 mins.
Gateau, small	1	300g	3-4 mins.
Gateau, large	1	1kg	12 mins.
Scones	4	250g	3 mins.
CASSEROLES	1	750g	Use MEDIUM 8-9 mins.
CHEESE	–	450g	10 mins.
CHICKEN			
Drumsticks	–	450g	18-20 mins.
Whole	–	450g	15-17 mins.
Portions	4	1kg	14-15 mins.
Poussin	1	380g	18-20 mins.
CREAM			
Sticks	6	150g	4-5 mins.
DUCK, Whole	1	450g	18 mins.
FISH			
Fillets	4	450g	12 mins.
Prawns	–	200g	7 mins.
Steaks	2	410g	13 mins.
Whole	2	340g	9 mins.
FRUIT, Soft	–	227g	4-5 mins.
LAMB			
Chops	4	450g	10-12 mins.
Joints	–	450g	20-22 mins.

Food	Qty	Weight	Time to Select (approx)
LARD	–	500g	10 mins.
MARGARINE	–	250g	2 mins.
OFFAL	–	450g	7-8 mins.
ORANGE JUICE – CONCENTRATED			1-2 mins.
PLATED MEALS – HOMEMADE			
Adult size	1	370g	10-15 mins.
PASTRY			
Filo	–	300g	3 mins.
Puff	–	370g	4 mins.
Shortcrust	–	225g	4 mins.
PIES			
Apple Pie	1	25g	50 secs.
Apple Pies	6	150g	5-6 mins.
Cooked Fruit	1	540g	10 mins.
Cooked Meat	1	520g	15 mins.
PORK			
Diced	–	450g	12 mins.
Joints	–	450g	20 mins.
Chops	4	450g	10-12 mins.
QUICHE			
Slice	1	65g	3-4 mins.
Whole	1	360g	11 mins.
SAUSAGES	8	450g	7-8 mins.
SAUSAGEMEAT		454g	11 mins.
SOUP	1 litre	Use HIGH Power	10 mins. Stir frequently
TURKEY	–	450g	18-20 mins.

N.B. 10 sec pad is inoperable for timings of less than 1 min. Use 1 min pad and stop at required time.

NOTES FOR YOUR OWN FOODS			

Adapting Your Own Recipes

The best way to convert a family favourite dish is to find a similar recipe in this cookery book to give you a guide to the correct method and timings to use.

As a general guide if a conventional recipe calls for the dish to be covered, then cover the food in the microwave, eg. vegetables, casseroles etc. Foods that traditionally have a dry texture, eg. bread, cakes, should not be covered.

RECIPES FROM OTHER COMBINATION COOKBOOKS

For using recipes from other **Combination** cookbooks. Use Guidelines on pages 26-29 or find a similar recipe from this book.

CASSEROLES OR STEWS

When adapting a favourite casserole or stew recipe for microwaving, you will not need as much stock or liquid as when cooking traditionally, as little evaporation occurs when microwaving. Start by adding two thirds of your usual quantity and add more if needed, as you cook. Invert a plate on top of the meat and vegetables to keep them under the cooking liquid. This will avoid tough overcooked meat. This is not necessary for casseroles cooked by **Combination.**

Always use HIGH power for 5-10 minutes for the dish to come to boil, then drop the power to SIMMER for approximately 60 minutes to allow the flavours of the meat and vegetables to combine.

POACHED OR STEAMED FOODS

These recipes work well by microwave, as long as the food is covered to keep in the natural moisture, little or no liquid is necessary.

Increasing and Decreasing Recipes

INCREASING

- To increase a recipe from 4 to 6 servings, increase each ingredient listed by half. To double the quantity, simply double every ingredient listed.
- Do not forget that large quantities will require a larger dish. Make sure that it is deep enough to prevent the recipe from boiling over during cooking.
- Cover as directed in the recipe. Stir or rearrange foods as recommended.
- Increase the stand times by 5 mins. per lb.
- Always check the recipe during cooking.
- When increasing the ingredients for 6 servings, add an extra one third of the original cooking time, ie. 30 mins. on MEDIUM power for 4 servings will become 40 mins. on MEDIUM power for 6 servings.
- When doubling a recipe from 4 to 8 add on half the original cooking time, ie. 30 mins. on MEDIUM power for 4 servings will become 45 mins. on MEDIUM power for 8 servings.

DECREASING

- To decrease a recipe from 4 servings to 2 servings, halve all the ingredients listed.
- Choose a dish that is proportionally smaller than the one recommended in the recipe, however to make sure it is deep enough to stop food boiling over.
- Allow a half to two-thirds of the original cooking time, ie. 30 mins. on MEDIUM power for 4 servings will become 15-20 mins. on MEDIUM power for 2 servings.

Cooking for One

- For one serving quarter ALL ingredients listed.
- Choose a dish that is proportionally smaller than the one recommended in the recipe.
- Use the same cooking power/ oven temperature or **Combination** program recommended in the original recipe.
- Start by cooking for one quarter of the recommended cooking time, although extra time in most cases will be required, especially if using a combination or convection mode of cooking.
- Always check the food during cooking.
- There is not a great saving for reduced quantities of soups, casseroles and stews and rice, as a minimum time is required to tenderise meats and blend flavours.
- When cooking for one it often makes sense to cook for two and plate up both meals. Freeze one meal for a later date.

Soups and Starters

Carrot & Celery Soup

Serves: 4

Ingredients

25g (1oz) butter or margarine
1 large onion, peeled and finely chopped
675g (1½lb) carrots, peeled and sliced
4 sticks celery, chopped
1 litre (1¾pt) hot vegetable stock
1 small orange, grated rind and juice of
salt and pepper
30ml (2tbsp) chopped parsley

Dish: 3 litre (6pt) bowl **Oven Accessory: glass turntable**

1. Place the butter and onion in bowl. Cover and cook on **HIGH** power for 3 mins. or until softened.
2. Stir in the carrots and celery. Cover and cook on **HIGH** power for 8-10 mins. or until vegetables are softened. Stir halfway during cooking.
3. Pour in the stock. Cover and cook on **HIGH** power for 5 mins. and then **LOW** power for 15 mins. or until the vegetables are tender.
4. Drain the vegetables and coarsely puree with a little of the stock, then return to the bowl with the remaining stock.
5. Add the orange rind and juice, season to taste. Cover and cook on **HIGH** power for 3-4 mins. or until piping hot. Serve garnished with chopped parsley.

Cream of Mushroom Soup

Serves: 4

Ingredients

25g (1oz) butter
1 small onion, chopped
600ml (1pt) hot chicken stock
225g (8oz) button mushrooms, sliced
bouquet garni
15ml (1tbsp) cornflour
300ml (½pt) milk
salt and pepper
60ml (4tbsp) single cream

Dish: 3 litre (6pt) bowl **Oven Accessory: glass turntable**

1. Place the butter and chopped onion in a large bowl. Cover and cook on **HIGH** power for 3 mins. or until soft.
2. Add the stock, mushrooms and bouquet garni. Cover and cook on **HIGH** power for 15-20 mins. or until mushrooms are soft.
3. Remove the bouquet garni and blend the soup until smooth. Mix the cornflour with a little of the milk, then stir in remaining milk. Add to the mushroom mixture.
4. Cover and cook on **HIGH** power for 5 mins. or until thickened. Season and serve with cream swirled on top.

Spinach & Garlic Terrine

Serves: 8-10

Ingredients

900g (2lbs) frozen spinach, thawed and well drained
1-2 large garlic cloves, chopped
150g (5oz) grated cheese
4 eggs, size 2
5ml (1tsp) grated nutmeg
salt and pepper
10 small tomatoes
450g (1lb) cooked prawns
30ml (2tbsp) olive oil
10ml (2tsp) balsamic vinegar
fresh basil leaves

Dish: 900g (2lb) loaf dish **Oven Accessory: glass turntable**

1. Line a 900g/2lb loaf dish with baking parchment.
2. Put the drained spinach into a food processor together with the chopped garlic and the grated cheese. Whiz to make a smooth puree, then add the egg, nutmeg and seasoning.
3. Pour into the lined loaf dish, cover and cook on **LOW** power for 15 mins. or until firm. Cool overnight.
4. Skin the tomatoes and cut into thin wedges scooping out the seeds. Mix in a bowl with the prawns. Stir in the olive oil, balsamic vinegar, seasoning and the torn basil leaves.
5. Turn out the terrine onto a serving dish and spoon around the tomato and prawn mixture.

Mushroom Paté

Serves: 4

Ingredients

young spinach leaves
25g (1oz) butter
2 garlic cloves, crushed
450g (1lb) flat black mushrooms, finely chopped
75g (3oz) fine oatmeal
1 egg yolk
100g (4oz) cream cheese
30ml (2tbsp) chopped fresh herbs
15ml (1tbsp) lemon juice

Dish: 18cm (7") souffle dish lightly greased
Oven Accessory: glass turntable + metal tray

1. Remove the stalks from the spinach and use the leaves to line the souffle dish, reserving leaves for the top.
2. Place the butter and garlic in a large dish, cover and cook on **HIGH** power for 1 min. or until melted. Add the mushrooms, recover and microwave on **HIGH** power for 5 mins. or until softened. Stir in remaining ingredients and beat well.
3. Spoon the paté mixture into the lined souffle dish and cover with the reserved spinach leaves. Cover with a circle of greaseproof paper and cook on **Combination: Convection 190°C + SIMMER power** for 25 mins. or until firm to the touch. Leave to cool before serving.

Pork and Chicken Terrine

Serves: 4-6

Ingredients

250g (9oz) streaky unsmoked bacon, derinded
225g (8oz) pork fillet
225g (8oz) chicken breast
2 onions, finely chopped
2 cloves garlic
100g (4oz) pistachio nuts, shelled
15ml (1tbsp) green peppercorns
30ml (2tbsp) brandy
5ml (1tsp) dried basil
15ml (1tbsp) parsley, chopped
salt and pepper
1 egg, beaten
225g (8oz) thick slice of ham, cut into thin strips

Dish: 900g (2lb) Pyrex® loaf dish
Oven Accessory: glass turntable + metal tray

1. Line base and sides of loaf dish with bacon rashers, stretching each rasher slightly with a knife. Reserve 3-4 rashers for top.
2. Chop pork and chicken coarsely in a food processor. Place in bowl. Process onions and garlic coarsely.
3. Mix together meat, onions, garlic, nuts, peppercorns, brandy, basil, parsley, salt and pepper. Bind together with the egg.
4. Spread half the mixture in the dish. Layer ham on top of mixture and then spread remaining meat mixture on top. Lay reserved bacon on top. Cover with a piece of greaseproof paper.
5. Cook on **Combination: Convection 160°C + WARM power** for 40 mins. or until firm.

Goats Cheese & Basil Ciabatta

Serves: 4

Ingredients

2 ciabatta rolls
1 clove garlic, halved
1 beef tomato
100g (4oz) goats cheese
8 stoned black olives
15ml (1tbsp) olive oil
fresh basil, chopped
pepper

Oven Accessory: glass turntable, metal tray + grill *accessory + splash guard*

1. Halve the rolls, rub each half with garlic and place on the grill accessory. Cook on **Grill 1** for 3-4 minutes or until lightly toasted.
2. Slice the tomato and goats cheese. Quarter the olives.
3. Top each half with the sliced tomato, cheese and olives. Drizzle with olive oil and place on the grill accessory. Cook under preheated grill on **Grill 1** for 2-3 minutes or until the cheese is golden and bubbling.
4. Sprinkle with basil and season with pepper. Serve immediately.

Cheesey Chicken & Bacon Rolls Serves: 4

Ingredients

8 boneless, skinless chicken thighs
30ml (2tbsp) wholegrain mustard
100g (4oz) Gruyère or cheddar cheese
8 slices of smoked streaky bacon

Dish: metal roasting tin
Oven Accessory: glass turntable + metal tray + low rack

1. Spread the mustard over the rolled out chicken thighs and place a thin slice of cheese on top. Roll up the thighs.
2. Stretch the bacon with the back of a knife and wrap tightly around each thigh. Secure with cocktail sticks.
3. Place in the roasting tin and cook in a pre-heated oven on **Grill/Convection 220°C + Grill 3** for 30-35 mins. or until thoroughly cooked and golden.

Smoked Haddock Samosas Serves: 4

Ingredients

450g (1lb) smoked haddock
30ml (2tbsp) lemon juice
2 hard boiled eggs, chopped
90ml (6tbsp) breadcrumbs
25g (1oz) butter
25g (1oz) plain flour
150ml (¼pt) milk
salt and pepper
1 box filo pastry
150g (5oz) butter, melted

Dish: Round baking tray
Oven Accessory: glass turntable + metal tray

1. Place the fish and lemon juice in a shallow dish and cook on **HIGH power** for 4-5 mins. or on Auto program fish. Drain, skin and bone, then flake. Stir in the eggs and breadcrumbs.
2. Place the butter (25g (1oz)) in a jug and melt on **HIGH power** for 30-40 secs. Stir in the flour and gradually add the milk. Cook on **HIGH power** for 1-2 mins. or until thickened. Stir halfway, season and mix with fish. Cool.
3. Melt the 150g (5oz) butter on **HIGH power** for 1-2 mins. Brush a sheet of filo pastry with melted butter. Fold in half lengthways and brush the top with butter. Place a small amount of the filling at one end and fold into a triangle by folding diagonally. Repeat this with each sheet of filo.
4. Place on a greased baking tray and brush with butter. Cook on **Combination: Convection 220°C + SIMMER power** for 20-25 mins. or until golden.

Baked Stuffed Tomatoes Serves: 4

Ingredients

4 beef tomatoes
seasoning
3ml (½ tsp) dried basil
4 eggs
200g (7oz) mozzarella cheese

Dish: Shallow heatproof dish
Oven Accessory: glass turntable + metal tray + low rack

1. Slice the tops off the tomatoes. Deseed, scoop out the centre and discard.
2. Drain upside down on kitchen paper.
3. Place tomatoes right way up in heatproof dish.
4. Sprinkle inside with salt and pepper and dried basil.
5. Break in whole egg, and cover the top with slices of mozzarella cheese.
6. Cook in preheated oven on **Grill/Convection 190°C** for 20-25 mins. or until browned on top.

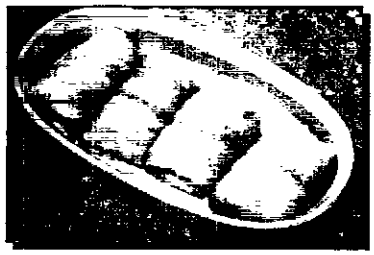
Fish Guidelines

Fish cooks very well by microwave as it stays moist and doesn't leave the lingering fish smells as in conventional ovens.

For fish with a strong odour, eliminate the smell after cooking by SIMMERING 600ml (1pt) of boiling water with 1 sliced lemon in a large bowl for 20 mins. Wipe out oven with a dry cloth.

WHEN IS FISH COOKED?

Fish is cooked when it flakes easily and becomes opaque.



ARRANGING

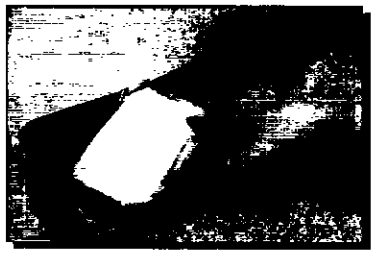
Thin fillets of fish ie. plaice, should be rolled up prior to cooking to avoid overcooking on the thinner outside edge and tail.

FISH STEAKS

Fish steaks should be arranged in a circle – thicker part to the outside – to avoid overcooking and disintegration of the tail ends.

COVERING

Always cover fish with either cling film or use a dish with a self-fitting lid.



BOIL IN BAG FISH

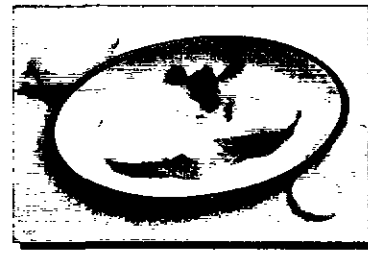
Boil-in-bag fish with sauce should be cooked in 2 stages. For 150g-170g, place bag sauce side down on a plate, slash top of bag with a knife. Cook on DEFROST power for 4 mins., STAND for 2 mins. then cook on MEDIUM power for 6 mins. or until fish is well cooked through.

SALT

Do not sprinkle salt onto fish before cooking, as this may make the fish dry.

NOISE

During cooking, popping sounds may be heard. This is due to moisture trapped between the flesh, particularly with oily fish such as salmon and mackerel. This can be minimised when cooking whole fish if the skin is pierced several times with a cocktail stick.



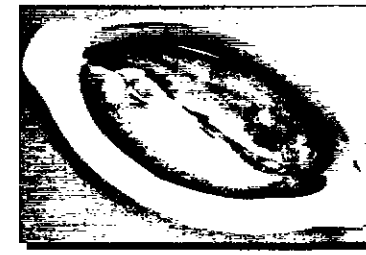
LIQUID

Fresh fish should always be sprinkled with 60ml (4tbsp) of lemon juice or white wine.

When cooking **Frozen** fish, add liquid 30ml (2tbsp) for even cooking.

STAND TIME

Fish should STAND after cooking for 2-3 mins. This can be outside the oven to enable the oven to be used for further cooking.



WHOLE FISH

If cooking 2 whole fish together, they should be arranged head to tail for even cooking.

Large whole fish must have the tail and head shielded halfway through cooking with smooth pieces of tin foil secured with cocktail sticks.

COOKING FISH BY GRILL OR COMBINATION

Brush fish with melted butter or oil to keep fish moist. Place on grill accessory. DO NOT add salt, however sprinkle with pepper or herbs if required.

Select the appropriate GRILL/ COMBINATION setting as indicated in the charts on page 39. A better result is sometimes achieved by using GRILL 2 setting, to avoid the outside overburning before the inside is cooked through.

For small quantities cook by MICROWAVE or GRILL only for best results.

Tuna Fish Cakes

Serves: 4

Ingredients

350g (12oz) potatoes
25g (1oz) butter
1 small onion, finely chopped
200g (7oz) can tuna, drained
1 egg, hardboiled, chopped
30ml (2tbsp) fresh parsley, chopped
10ml (2tsp) lemon juice
salt and pepper
1 egg, beaten
100g (4oz) breadcrumbs

Oven Accessory: glass turntable + metal tray + grill accessory + splash guard

1. Cook potatoes with 45ml (3tbsp) water, covered on **HIGH** power for 6-8 mins. or until cooked. Drain.
2. Place butter and onion in a bowl, cover and cook on **HIGH** power for 4 mins. or until soft. Add potatoes and mash.
3. Stir in tuna, hard boiled egg, parsley and lemon juice, season well.
4. Shape into 8 cakes and coat in beaten egg and breadcrumbs.
5. Place on grill accessory and cook on **Combination: Grill Convection 250°C + Grill 1 + WARM power** for 12-15 mins. or until brown, turning halfway.

Family Fish Pie

Serves: 4

Ingredients

450g (1lb) smoked haddock
30ml (2tbsp) lemon juice
1 large onion, sliced
15ml (1tbsp) oil
40g (1½oz) butter
40g (1½oz)flour
3ml (½tsp) mustard
600ml (1pt) milk
salt and pepper
100g (4oz) Red Leicester cheese
600g (1¼lb) cooked jacket potatoes, sliced
75g (3oz) wholemeal breadcrumbs

Dish: large casserole
Oven Accessory: glass turntable + metal tray

1. Arrange fish in a shallow dish. Add lemon juice, cover and cook on **HIGH** power for 3 mins. or until it flakes easily.
2. Place onion and oil in a bowl. Cover and cook on **HIGH** power for 3 mins. or until the onion is soft.
3. Melt the butter on HIGH power for 30 secs. Stir in the flour and mustard and cook for a further 15 secs. Add milk and seasoning, gradually stir to a smooth paste. Cook on **HIGH** power for 5 mins. or until the sauce is thick and bubbling. Stir twice during cooking. Add 75g (3oz) of grated cheese to the sauce and stir well.
4. Flake the fish and arrange in a serving dish. Add onions and place the sliced potatoes on top.
5. Pour over the cheese sauce. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on **Combination: Convection 190°C + SIMMER power** for 15-20 mins. or until golden brown and piping hot.

Salmon & Vegetable Mornay

Serves: 4

Ingredients

100g (4oz) broccoli
100g (4oz) cauliflower
1 medium red pepper, diced
198g (7oz) can salmon, drained
25g (1oz) butter
30ml (2tbsp) plain flour
300ml (½pt) milk
50g (2oz) grated tasty cheese
150ml (¼pt) cream (optional)
salt and pepper to taste
15g (½oz) butter
75g (3oz) fresh white breadcrumbs
15ml (1tbsp) chopped fresh parsley
pinch paprika

Dish: 20 x 25cm (8" x 10") dish
Oven Accessory: glass turntable + metal tray + low rack

1. Break broccoli and cauliflower into florets, add red pepper and 2tbsp water. Cover and cook on **HIGH** power for 5-6 mins. or until soft. Drain.
2. Flake salmon and mix with vegetables.
3. Melt butter in jug on **HIGH** power for approx. 20-30 secs. Stir in flour then milk. Cook on **HIGH** power for 2 mins. or until mixture boils and thickens; stir halfway. Stir in cheese, cream and seasoning. Pour cheese sauce over vegetables and salmon.
4. Melt extra butter in a small bowl on **HIGH** power for approx. 15-20 secs. Stir in breadcrumbs, parsley and paprika. Sprinkle over vegetable mixture.
5. Cook on **Combination: Grill Convection 230°C + Grill 3 + LOW power** for 10-12 mins. or until golden brown.

Coubliac

Serves: 4

Ingredients

50g (2oz) long grain rice
300ml (½pt) boiling water
1 onion, finely chopped
50g (2oz) mushrooms, chopped
25g (1oz) butter
salt and pepper
175g (6oz) salmon tail
30ml (2tbsp) white wine
375g (13oz) puff pastry
2 hardboiled eggs, chopped
beaten egg to glaze
To Serve:
150ml (¼pt) carton soured cream
15ml (1tbsp) fresh chopped parsley

Dish: baking sheet (round)
Oven Accessory: glass turntable + metal tray

1. Place rice and water in a large casserole, cover and cook on **HIGH** power for 10 mins. or until just cooked. Drain.
2. Place the onion, mushrooms and butter in a small bowl, cover and cook on **HIGH** power for 3 mins. or until just softened.
3. Place salmon in a shallow dish, sprinkle with wine and cook covered on **HIGH** power for 2 mins. (or AUTO PROGRAM FISH). Cool and flake.
4. Roll pastry to a rectangle approx. 25 x 30cm (10 x 12"). Trim and reserve trimmings. Combine all ingredients together. Spread down one side of pastry rectangle leaving 1.5cm (½") around the edge. Brush the edges with beaten egg and fold pastry over. Seal. Brush top with egg and use the trimmings to decorate. Carefully lift onto a baking sheet and chill for 20 mins. Preheat oven on **Convection 210°C**. Cook on **Combination: Convection 220°C + SIMMER** power for 20-25 mins. or until golden brown. Serve hot with soured cream combined with chopped parsley.

Trout Parcels with Orange and Mustard

Serves: 4

Ingredients

8 fillets Rainbow trout
8 x 5ml (1tsp) wholegrain mustard
3 oranges, peeled and pith removed

Oven Accessory: glass turntable + grill accessory + splash guard + metal tray

1. Wash and dry the fillets and spread the flesh side of each fillet with mustard, then divide orange slices between them.
2. Fold each one over and secure with wooden cocktail sticks.
3. Place on grill accessory.
4. Cook on **Grill Convection 220°C** for 20 mins or until brown and crispy.

Fish Curry

Serves: 4

Ingredients

25g (1oz) butter
1 clove garlic, crushed
1 small onion, finely chopped
15ml (1tbsp) plain flour
15ml (1tbsp) curry powder
grated rind and juice of ½ lemon
300ml (½pt) hot fish stock
25g (1oz) sultanas
10ml (2tsp) tomato puree
30ml (2tbsp) mango chutney
450g (1lb) haddock, skinned and chopped
salt and pepper
75g (3oz) creamed coconut

Dish: large casserole **Oven Accessory: glass turntable**

1. Melt the butter in the casserole dish on **HIGH** power for 30 secs. or until melted.
2. Stir in the garlic and onion and cook covered on **HIGH** power for 3 mins.
3. Stir in the flour, curry powder, lemon rind and juice and fish stock. Cover and cook on **HIGH** power for 3 mins. stirring halfway through the cooking time.
4. Stir in the remaining ingredients except the coconut, cover and cook on **HIGH** power for 3-4 mins. or until fish flakes, stirring occasionally.
5. Break up the coconut with a fork, then stir into the curry. Leave to stand for 5 mins. before serving with boiled rice.

Bouillabaisse

Serves: 6

Ingredients

225g (8oz) tomatoes
125ml (4 fl.oz) olive oil
30ml (2tbsp) tomato puree
2 onions, chopped
1 large leek, sliced
4 garlic cloves, crushed
1.2ltr (2pt) fish stock
salt and black pepper
150ml (¼pt) dry white wine
4 sprigs thyme
small piece of orange peel
4 strands saffron
5ml (1tsp) chilli sauce
450g (1lb) cod, haddock or coley
450g (1lb) mixed seafood
4 large fresh prawns
bunch of dill to garnish

Dish: 3 litre (6pt) casserole
Oven Accessory: glass turntable

1. Skin the tomatoes and cut into four pieces, removing the cores. Place the oil and tomato puree in a large bowl, heat on **HIGH** power for 1 min. and mix well. Add the onions and leek, cook on **HIGH** power for 3-4 mins. or until soft.
2. Add the garlic, tomatoes, stock, wine, thyme and orange peel, saffron and chilli sauce. Heat on **HIGH** power for 3-4 mins. Skin the fish, cut into chunks and add to the tomato liquid. Cook on **HIGH** power for 3-4 mins. or until the fish is cooked. Add the mixed seafood and prawns and heat again for 2-3 mins. on **HIGH** power or until hot, taking care not to overcook the fish.
3. Serve garnished with Dill.

Haddock and Spinach Florentine

Serves: 4

Ingredients

50g (2oz) butter
50g (2oz) flour
450ml (¾pt) milk
100g (4oz) Cheddar cheese, grated
salt and pepper
pinch grated nutmeg
450g (1lb) frozen spinach
450g (1lb) smoked haddock fillet, skinned
50g (2oz) breadcrumbs

Dish: 20cm (8") square dish
Oven Accessory: glass turntable + metal tray + low rack

1. Mix together the butter, flour and milk in a large jug and cook uncovered on **HIGH** power for 4-5 mins. or until the sauce has thickened, whisking every minute.
2. Stir in half of the cheese and season well with salt, pepper and nutmeg. Place spinach in the dish and cook covered on **HIGH** power for 6-7 mins. or until cooked. Place in a sieve and drain thoroughly, then place back into the dish.
3. Place the fish in a single layer on top of the spinach. Cook covered on **HIGH** power for 4-5 mins. or until tender.
4. Pour the cheese sauce over the fish to cover it completely. Cook uncovered on **HIGH** power for 3 mins. then sprinkle the remaining cheese and breadcrumbs on top. Brown under the GRILL for 5-6 mins. or until brown and crisp

Special Occasion Fish Pie

Serves: 4

Ingredients

450g (1lb) white fish
450g (1lb) mixed seafood
50g (2oz) butter
50g (2oz) flour
450ml (¾pt) milk
300ml (½pt) white wine
6 gherkins, diced
15ml (1tbsp) fresh parsley
10ml (2tsp) dill
salt and pepper

Rosti topping:
900g (2lb) potatoes
15ml (1tbsp) capers
50g (2oz) butter, melted
50g (2oz) cheddar cheese, grated

Dish: Gratin dish
Oven Accessory: glass turntable + metal tray

1. Place the white fish with 2tbsp water in a shallow dish. Cover and cook on **HIGH** power for 4-5 mins or on AUTO FISH program. Drain, skin, bone and flake.
2. Make the sauce by melting the butter in a large jug on **HIGH** power for 1 min. Add the flour and stir well. Mix in the milk and wine and cook on **HIGH** power for 4-5 mins. Stir halfway. Mix in the fish, mixed seafood, gherkins and herbs. Pour into the dish.
3. Grate the potatoes and mix in the capers, melted butter and grated cheese. Pile onto fish sauce without pressing firmly to keep the grated form. Cook on **Combination: Convection 220°C + SIMMER** power for 30-35 mins. or until piping hot and golden.

Crispy Mussels

Serves: 4

Ingredients

1 clove garlic, crushed
15ml (1tbsp) parsley
pinch of ground cumin
15ml (1tbsp) coriander
30ml (2 tbsp) soft butter
30ml (2 tbsp) breadcrumbs
freshly ground pepper
24 fresh green lip mussels on the half shell

Oven Accessory: glass turntable + metal tray + grill accessory

1. Beat the garlic, parsley, cumin, coriander and butter together. *Add the breadcrumbs and pepper. Mix well.*
2. Put a teaspoon of the mixture onto each mussel. Place on the Grill accessory and brown under a preheated grill on **Grill 1** for 2-3 mins. or until golden and bubbling.

Tuna & Sweetcorn Lasagne

Serves: 4

Ingredients

15ml (1tbsp) vegetable oil
1 clove garlic, crushed
1 large onion, chopped
1 x 397g (14oz) can chopped tomatoes
15ml (1tbsp) tomato puree
1 x 397g (14oz) tin tuna, drained
1 x 200g (7oz) can sweetcorn, drained
1 x 200g (7oz) can sliced carrots, drained
100g (4oz) broccoli florets
100g (4oz) cashew nuts
salt and pepper
50g (2oz) butter
50g (2oz) plain flour
600ml (1pt) milk
175g (6oz) grated cheddar cheese
30ml (2tbsp) chopped mixed herbs
10 sheets lasagne (precooked)

Dish: 24cm (9") square dish
Oven Accessory: glass turntable + metal tray

1. Place oil, garlic and onions in a bowl. Cover and cook on **HIGH** power for 2-3 mins. or until softened.
2. Add the tomatoes, puree, tuna, sweetcorn, carrots, broccoli, nuts and seasoning. Cover and cook on **HIGH** power for 10-12 mins. or until vegetables are softened. Stir frequently.
3. *Melt the butter in a large jug on* **HIGH** *power for 30-40 secs.* Stir in the flour then add the milk gradually to form a smooth paste. Cook on **HIGH** power for 5 mins. or until the sauce is *thick and bubbling. Stir frequently. Add 150g (5oz) of the* grated cheese, herbs and season to taste.
4. Pour half the tuna mixture over the base of the dish. Top with half the lasagne and half the sauce. Repeat the layers ending up with the final layer of sauce. Sprinkle with the remaining cheese. Cook on **Combination: Convection 190°C + SIMMER power** for 25-30 mins. or until the pasta is tender.

Mixed Seafood Gratin

Serves: 4

Ingredients

50g (2oz) onion
2 garlic cloves
50g (2oz) butter
15ml (1tbsp) plain flour
100ml (4fl.oz) white wine
50ml (2fl.oz) milk
150ml (¼pt) cream
175g (6oz) Emmental cheese
450g (1lb) mixed cooked seafood
75g (3oz) watercress
100g (4oz) Tortilla chips
50g (2oz) breadcrumbs
seasoning

Dish: 24cm (9") round gratin dish
Oven Accessory: glass turntable + metal tray + low rack

1. Chop the onion and garlic. Place with butter in a large bowl and soften on **HIGH** power for 3-4 mins. Add the flour and pour in the wine and milk gradually. Stir well. Thicken on **HIGH** power for 3-4 mins, stirring halfway. Add the cream and cheese.
2. *Add the seafood and watercress to the sauce and mix well.* Season to taste.
3. Spoon into the gratin dish and top with the crushed tortilla chips and breadcrumbs.
4. Cook on **Combination: Grill Convection 230°C + Grill 3 + LOW power** for 12-14 mins or until crisp and piping hot.

Meat Guidelines

Your oven offers you a variety of methods for cooking all the cuts of meat available. To choose the best method of cooking a cut, you must read carefully the details below and refer to the charts on page 38–43.

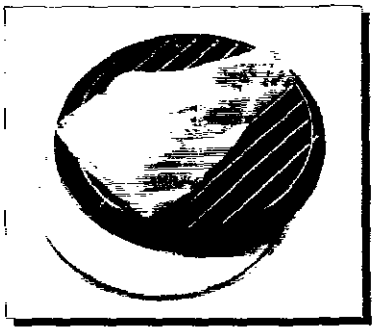
The quickest method of cooking meat is by microwave only, however for a traditional appearance **Combination** cooking provides the best of both worlds ie. speed, and a crisp brown appearance. Popular joints of meat can be roasted automatically on the AUTO PROGRAMS.

AUTO PROGRAM Chicken, Beef/Lamb

The biggest advantage of cooking joints of meat on an AUTO PROGRAM is that the oven calculates the correct cooking time for you, after you have entered the correct weight using the weight pads.

Joints of Meat Suitable for AUTO PROGRAMS	
BEEF	Topside, Forerib, Sirloin
LAMB	Leg, Shoulder
CHICKEN	Whole chickens (unstuffed)

OVEN ACCESSORIES



Place the joint directly onto low rack on metal tray + splashguard on turntable.

The BEEF/LAMB program is designed to cook fresh (not frozen) joints with medium results. If a well done result is required, check the meat at the end of the AUTO PROGRAM cooking time and continue to cook on **Combination.**

The CHICKEN program is designed for fresh (not frozen) whole, unstuffed chickens. Cook stuffings separately.

FROZEN JOINTS

DO NOT use frozen meat on these programs. Defrost first and allow to stand for 1 hour before roasting.

TURNING

All joints should be turned during the cooking time to ensure they are evenly cooked throughout.

DO NOT baste joints with extra fat or oil.

HOW TO USE

Just press the appropriate AUTO PROGRAM then enter the weight in kgs or lbs and ozs. Press the Start pad.

COVERING

Do not cover joints when cooking on these programs, since they are designed to give a crisp outer surface. We do not recommend using roasting bags on these programs.

COMBINATION with Time

Some joints and small cuts of meat are not suitable for cooking on the AUTO PROGRAMS, but they can be cooked successfully by using **Combination** please refer to Cooking Charts pages 38–43, or the individual recipes following in this book.

OVEN ACCESSORIES

Place joint on low rack on metal tray + splashguard on turntable.

Do not cover.

HOW TO USE

Select the **Combination** program by pressing the **Combination** pad followed by Convection temp. + MICRO POWER. Use the time pads to select the correct calculated cooking time and then press Start.

IMPORTANT

It is important to check the progress of a joint cooked on an AUTO or **Combination** program, so that the cooking time can be adjusted if necessary.

Roast potatoes should be cooked separately and not with the joint (see pages 31 and 70).

Casseroles and Stews by COMBINATION

Although casseroles can be cooked using microwave power only, the total cooking time for the traditional less tender cuts of meat is usually in excess of 1 hour, and these do not always have a fully developed flavour.

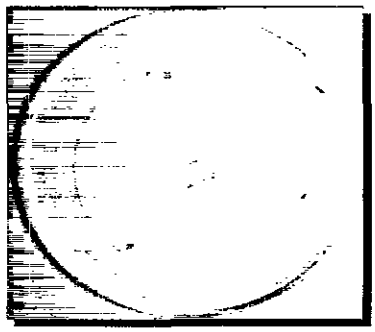
We have developed a **Combination** program especially for stews and casseroles, which by using microwave power and convection, develops the traditional flavour, whilst shortening the conventional cooking time.

Use heatproof glass/ceramic dishes (Pyrex® is ideal). DO NOT USE LE CREUSET® or other enamelled cookware.

When cooking casseroles/stews by **Combination** or microwave power, use braising steak rather than stewing steak for a more tender result.

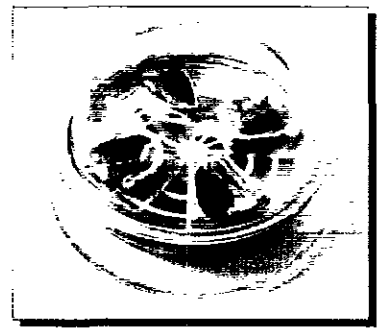
Cooking Meat by MICROWAVE

OVEN ACCESSORIES



Place meat in a microwave safe container (as described below) and place directly onto turntable. DO NOT USE the metal tray or any metal container.

ARRANGING



Chicken portions and drumsticks should be cooked with the thicker part to the outside and covered during cooking.

STANDING

Joints must be left to stand for 15 mins. wrapped in foil after cooking. This ensures the joint is well cooked through and makes the meat easier to carve.

SALT

Do not sprinkle joints with salt before cooking, as the salt will dehydrate the meat. Pepper, herbs and other seasonings may be used.

HOW TO ROAST A JOINT OF MEAT/CHICKEN

To roast basic joints of meat or whole chickens place the joint onto the rack of a microwave roasting set and cover with the dome lid, or onto a microwave roasting dish with a self-trivet.

If neither of these are available, use a large shallow dish and place meat on an upturned saucer and cover with a roasting bag. Always weigh the meat carefully, especially if frozen meat has been defrosted by microwave.

COOKING SMALL CUTS

Some small cuts can be cooked successfully by microwave, although due to the short cooking times and no heat source, they will not crisp and brown.

They should always be cooked on a microwave rack or upturned saucer to lift them out of their juices.

Food	Qty	Weight	Power	Time (mins)
Bacon, Rashers	4	75g (3oz)	HIGH	3-3½
Steaks	2	225g (8oz)	HIGH	4
Burgers	4	240g (9oz)	HIGH	5
Chicken, Quarter	1	300g (11oz)	MEDIUM	6½-7
Quarters	2	675g (1½lb)	MEDIUM	11-12
Quarters	4	1.3kg (2¾lb)	MEDIUM	18-20
Boned Breasts	1	125g (5oz)	MEDIUM	4
Boned Breasts	4	600g (1¼lb)	MEDIUM	10
Drumstick	1	100g (4oz)	HIGH	2
Drumsticks	2	200g (7oz)	HIGH	5
Drumsticks	4-6	400g (14oz)	HIGH	8-9

Coq au Vin

Serves: 4

Ingredients

4 chicken portions approx. 1.2kg (2½lb) in weight
5ml (1tsp) mixed herbs
salt and pepper
100g (4oz) streaky bacon
100g (4oz) button mushrooms
1 clove garlic, crushed
450g (1lb) whole shallots
30ml (2tbsp) brandy
300ml (½pt) red wine
300ml (½pt) chicken stock

Dish: large casserole with lid
Oven Accessory: glass turntable + metal tray

1. Place all ingredients in casserole dish.
2. Cover and cook on **Combination: Convection 160°C + WARM power** for 1hr 10 mins. or until cooked through.
3. Remove skin from chicken pieces and skim off any excess fat. Thicken using a little cornflour mixed with water. Serve sprinkled with chopped parsley.

Chicken Satay

Serves: 4-6

Ingredients

4 chicken breast fillets, skinned
100g (4oz) creamed coconut
45ml (3tbsp) lemon juice
30ml (2tbsp) soy sauce
30ml (2tbsp) vegetable oil
2 garlic cloves, crushed
5ml (1tsp) ground turmeric
5ml (1tsp) five-spice powder
5ml (1tsp) coriander seeds
5ml (1tsp) cumin seeds
90ml (6tbsp) crunchy peanut butter
large pinch of chilli powder

Dish: 8 wooden skewers
Oven Accessory: glass turntable + metal tray + grill accessory + splash guard

1. Cut the chicken into small chunks and place in a bowl. Place 50g (2oz) creamed coconut, 30ml (2tbsp) lemon juice and 15ml (1tbsp) soy sauce into a blender or food processor. Add the oil, garlic, turmeric, five spice, coriander and cumin and blend until smooth.
2. Pour over the chicken. Cover and marinate in the fridge for 2-3 hours or overnight.
3. For the serving sauce: Crumble 50g (2oz) of creamed coconut into a large jug. Add the peanut butter, 15ml (1tbsp) of the lemon juice, 15ml (1tbsp) of the soy sauce, the chilli powder and 300ml (½pt) water. Cook on **HIGH** power for 5-6 mins. or until the sauce boils and thickens, stirring frequently. Turn into a serving bowl.
4. Thread the chicken onto wooden skewers. Place on grill accessory and cook on **Combination: Grill Convection 250°C + Grill 1 + WARM power** for 15 mins. or until cooked through, turning occasionally. Serve hot with sauce for dipping.

Creamy Chicken Gratin

Serves: 4

Ingredients

350g (12oz) leeks, trimmed
25g (1oz) butter
30ml (2tbsp) plain flour
300ml (½pt) milk
225g (8oz) cooked chicken, chopped
100g (4oz) ham, chopped
175g (6oz) Gruyere cheese, grated
4 frozen individual garlic bread slices

Dish: 24cm (9") round gratin dish
Oven Accessory: glass turntable + metal tray + low rack

1. Slice the leeks and place in a large bowl with the butter. Cover and soften on **HIGH** power for 3-4 mins. or until softened.
2. Add the flour and mix well. Stir in the milk and heat on **HIGH** power for 4-5 mins. or until thickened. Add the chicken, ham and cheese then season and mix well.
3. Pour into the dish and top with the garlic bread slices. Cook on **Combination: Grill Convection 230°C + Grill 3 + LOW power** for 15-20 mins or until piping hot and golden.

Cheesey Aubergine Chicken

Serves: 4

Ingredients

350g (12oz) aubergine
olive oil
50g (2oz) grated Parmesan cheese
10ml (2tsp) dried marjoram
4 skinless chicken breasts
1 egg, beaten
1 onion, chopped
2 cloves of garlic, crushed
400g (14oz) canned chopped tomatoes
15ml (1tbsp) tomato puree
salt and pepper
100g (4oz) Mozzarella cheese, grated

Dish: rectangular ceramic dish
Oven Accessory: glass turntable + grill accessory + metal tray + splash guard

1. Thinly slice the aubergine. Brush each side with oil and place on the grill accessory. Cook on preheated **Grill 1** for 10 mins, *turning halfway. The aubergine should be golden and crisp.*
2. Mix the parmesan with 5ml (1tsp) marjoram. Dip the chicken in the beaten egg, then the cheese mixture. Cover and chill in the fridge for 10-15 mins.
3. Chop the onion and garlic, place in a bowl with 15ml (1tbsp) of olive oil. Cover and cook on **HIGH** power for 3 mins. or until soft. Stir in the tomatoes, tomato puree, marjoram and seasoning. Cook on **HIGH** power for 3 mins. or until hot.
4. Pour the sauce into the ceramic dish. Place the chicken, aubergine and mozzarella cheese in overlapping rows over the sauce.
5. Cook on **Combination: Convection 190°C + SIMMER power** for 35-40 mins, or until golden and the chicken is cooked.

Lemon and Ginger Poussin with Onions

Serves: 4

Ingredients

4 lemons, rind and juice of
5cm (2") piece fresh root ginger, *peeled and chopped*
90ml (6tbsp) runny honey
salt and pepper
2 poussins, about 450g (1lb) each
700g (1½lbs) onions, sliced
50g (2oz) dark brown sugar

Dish: 25cm (10") casserole dish
Oven Accessory: glass turntable + metal tray

1. Whisk lemon juice, rind, ginger and honey together. Season. Halve poussins lengthways. Pour over marinade. Cover and refrigerate overnight.
2. Remove roughly half the marinade and place in a large bowl with the sliced onions and sugar. Cover and cook on **HIGH** power for 10 mins. or until the onions are soft.
3. Place the onion mixture in the bottom of the casserole dish. Arrange the poussins on top with the remaining marinade. Cook on **Combination: Convection 220°C + SIMMER power** for 30-40 mins. or until the poussin is cooked.

Crispy Chicken with Hot Salsa

Serves: 4

Ingredients

1 large avocado
50g (2oz) red onion
100g (4oz) tomato
1 red pepper
2 garlic cloves, crushed
60ml (4tbsp) olive oil
15ml (1tbsp) lime juice
30ml (2tbsp) chopped parsley
seasoning
4 chicken breasts with skin

Dish: square ceramic dish
Oven Accessory: glass turntable + metal tray + low rack

1. Mix together the chopped avocado, onion, tomato and red pepper then mix with the crushed garlic, 30ml (2tbsp) of the olive oil, lime juice, parsley and seasoning.
2. Flatten the chicken breasts with a damp rolling pin. Lift the skin to create a pocket and stuff with the salsa mixture.
3. Place the chicken in roasting dish. Drizzle with olive oil and cook in a preheated oven on **Grill Convection 220°C** for 25-30 mins or until cooked and golden.

Savoury Mince

Serves: 4

Ingredients

1 onion, diced
1 clove garlic, crushed
15ml (1tbsp) oil
397g (14oz) can chopped tomatoes
15ml (1tbsp) tomato puree
5ml (1tsp) mixed herbs
450g (1lb) mince
salt and pepper

Dish: 1.5 litre (3pt) casserole dish
Oven Accessory: glass turntable

1. Place onion, garlic and oil in casserole, cover and cook on **HIGH** power for 2 mins. or until soft.
2. Place all other ingredients in casserole. Stir well.
3. Cover and cook on **HIGH** power for 10 mins. then **MEDIUM** power for 15-20 mins. or until cooked.

Variation: Chilli Con Carne
Add 396g (14oz) can red kidney beans drained, 5-10ml (1-2tsp) chilli powder, 1 diced green pepper to the ingredients above.

Lasagne

Serves: 4

Ingredients

1 quantity of Savoury Mince (see above)
double quantity of White Pouring Sauce (see page 76)
100g (4oz) grated cheese
5ml (1tsp) mustard
salt and pepper
12 sheets pre-cooked lasagne (or sufficient for 3 layers)
60ml (4tbsp) Parmesan cheese

Dish: large rectangular dish approx. 27 x 23cm (11" x 9")
Oven Accessory: glass turntable + metal tray

1. Add cheese and seasoning to the hot white sauce.
2. Cover the base of the dish with a layer of cheese sauce, then a layer of lasagne, followed by a layer of hot meat mixture. Continue with a layer of lasagne then meat, ending with a layer of cheese sauce.
3. Sprinkle Parmesan cheese over the top and cook on **Combination: Convection 190°C + SIMMER power** for 20-25 mins. or until the pasta is tender and brown and crisp on top.

Shepherd's Pie

Serves: 4

Ingredients

1 medium onion, chopped
2 carrots, chopped
25g (1oz) butter
350g (12oz) cold cooked beef or lamb, minced
300ml (½pt) hot beef stock
3ml (½tsp) Worcestershire sauce
15ml (1tbsp) gravy thickening
5ml (1tsp) tomato puree
salt and pepper
675g (1½lb) potatoes, cubed
135ml (9tbsp) water
30ml (2tbsp) milk
25g (1oz) cheese

Dish: medium casserole
Oven Accessory: glass turntable + metal tray

1. Place onion, carrots and butter in casserole. Cover and cook on **HIGH** power for 3-5 mins. or until soft.
2. Add minced meat to vegetables and mix well. Mix together stock, Worcestershire sauce, gravy thickening and tomato puree, pour over meat and season to taste.
3. Cook potatoes with water, covered on **HIGH** power for 7-8 mins. Drain and mash well with the milk and spread on top of the meat, using a fork to make a pattern on top.
4. Sprinkle with cheese and cook on **Combination: Convection 190°C + WARM power** for approximately 25-30 mins. or until top is crisp and golden.

Italian Meat Loaf

Serves: 8

Ingredients

100g (4oz) Chorizo sausage
175g (6oz) red onion
450g (1lb) minced beef
2 garlic cloves, crushed
75ml (5tbsp) fresh parsley
150g (5oz) breadcrumbs
2 eggs
150ml (5fl.oz) passata
seasoning
75g (3oz) cheddar cheese
50g (2oz) Roquefort cheese
100g (4oz) sliced bread
150ml (¼pt) single cream

Oven Accessory: glass turntable + metal tray

1. Mark a rectangle 43 x 35.5cm (17" x 14") on a piece of foil.
2. Dice the sausage, chop the onion and add to the mince. Stir in the garlic, parsley, breadcrumbs, eggs and the passata. Season. Knead well and spread in a rectangle over the foil
3. Grate the cheddar and mix in the crumbled Roquefort. Dice the bread, discarding the crusts. Heat the cream in a small bowl on **HIGH** power for 1-2 mins. or until hot. Add to the cheese and bread. Mix well until smooth. Spread over the meat and roll up from the shorter side using the foil as an aid.
4. Place on the metal tray, remove the foil and cook on **Combination: Convection 180°C + WARM power** for 60 mins. or until cooked through and well browned.

Tacos

Serves: 4

Ingredients

1 quantity Chilli Con Carne (see page 58)
12 Taco shells
½ lettuce, shredded
2 tomatoes, thinly sliced
100g (4oz) cheese, grated

Dish: large dinner plate
Oven Accessory: glass turntable

1. Prepare Chilli Con Carne according to recipe instructions.
2. Stand shells on plate. Heat on **HIGH** power for 40-50 secs. to warm through.
3. Divide shredded lettuce between Taco shells. Fill with hot Chilli mixture. Top with sliced tomato and sprinkle with grated cheese. Serve immediately.

Steak and Kidney Pudding

Serves: 4

Ingredients

Filling:
350g (12oz) braising steak, cubed
100g (4oz) kidney, cubed
30ml (2tbsp) seasoned flour
1 onion, chopped
600ml (1pt) hot beef stock
Pudding:
175g (6oz) self-raising flour
pinch salt
75g (3oz) suet
cold water to mix
15ml (1tbsp) cornflour

Dish: 1.5 litre (3pt) casserole + 1.2 litre (2pt) pudding basin
Oven Accessory: glass turntable

1. Combine all filling ingredients in casserole. Place upturned plate on top of meat, cover and cook on **HIGH** power for 10 mins. then **SIMMER** power for 60 mins. or until meat is tender. Remove plate.
2. Mix flour, salt and suet together. Mix to a firm dough with cold water.
3. Roll out ¾ of the pastry to line basin.
4. Remove meat with a slotted spoon and fill basin. Mix cornflour with water and stir into the gravy. Cook on **HIGH** power for 2 mins. stirring once, or until gravy has thickened. Pour 60ml (4tbsp) of gravy over the meat and reserve the rest for serving. Roll remaining pastry to form a lid, moisten the edges and seal over the top of the meat.
5. Cook on **MEDIUM** power for 10-12 mins. or until pastry looks dry.

Belgian Beef Casserole

Serves: 4

Ingredients

675g (1½lb) braising steak, cubed
3 large onions, sliced thinly
1 clove garlic, crushed
30ml (2tbsp) seasoned flour
15ml (1tbsp) brown sugar
300ml (½pt) hot beef stock
300ml (½pt) light ale
15ml (1tbsp) wine vinegar
5ml (1tsp) mixed herbs
2 bay leaves
Topping:
8 x 2.5cm (1") slices of French bread
15ml (1tbsp) French mustard
60ml (4tbsp) butter, softened
1 clove garlic, crushed

Dish: large casserole with lid
Oven Accessory: glass turntable + metal tray

1. Combine all the casserole ingredients in dish. Cover with lid and cook on **Combination: Convection 160°C + WARM power** for 1hr 30 mins, or until meat is tender, or AUTO PROGRAM CASSEROLE. Remove bay leaves.
2. Blend mustard, butter and garlic. Spread over one side of each bread slice.
3. Uncover casserole and arrange bread on top. Return to oven and cook uncovered on **Combination: Convection 160°C + WARM power** for a further 15 mins. The casserole is ready when the bread slices are crisp and golden.

Hungarian Goulash

Serves: 4

Ingredients

600g (1¼lb) braising steak, cubed
45ml (3tbsp) seasoned flour
600ml (1pt) hot beef stock
45ml (3tbsp) tomato puree
30ml (2tbsp) paprika
5ml (1tsp) sugar
60ml (4tbsp) soured cream

Dish: large casserole + lid
Oven Accessory: glass turntable + metal tray

1. Toss meat in the flour. Combine all ingredients except the soured cream in casserole dish.
2. Cook on **Combination: Convection 160°C + WARM power** for 1hr 30 mins, or until the meat is tender, or on AUTO PROGRAM CASSEROLE.
3. Remove from oven and immediately stir in the soured cream. Serve with ribbon noodles.

Madras Curry

Serves: 4

Ingredients

15ml (1tbsp) oil
1 large onion, sliced
3 cloves garlic, crushed
Spices and Flavourings:
10ml (2tsp) ground coriander
3ml (½tsp) chilli powder, ground cardamom, ground cloves
15ml (1tbsp) garam marsala
15ml (1tbsp) ground turmeric
5ml (1tsp) ground cumin
30ml (2tbsp) flour
15ml (1tbsp) tomato puree
450g (1lb) shoulder of lamb, cubed
juice of 1 lemon
5ml (1tsp) sugar
25g (1oz) sultanas
pinch of salt
450ml (¾pt) hot stock

Dish: large casserole dish with lid
Oven Accessory: glass turntable + metal tray

1. Place the oil, onion and garlic in casserole dish. Cover and cook on **HIGH** power for 3 mins.
2. Blend in all the spices and cook on **HIGH** power for 2 mins.
3. Stir in the flour and tomato puree. Add all other ingredients including meat. Blend in hot stock.
4. Cover and cook on **Combination: Convection 160°C + WARM** power for 1hr-1hr 30 mins. or until meat is tender, or use AUTO PROGRAM CASSEROLE. Serve with boiled rice and lemon or lime wedges and poppadoms.

Moussaka

Serves: 4

Ingredients

1 aubergine, sliced
30ml (2tbsp) oil
2 cloves garlic, crushed
1 medium onion, chopped
396g (14oz) can tomatoes
30ml (2tbsp) tomato puree
350g (12oz) lamb, cooked and finely diced
salt and pepper
Topping:
2 eggs
150ml (¼pt) single cream
100g (4oz) cheese, grated
25g (1oz) Parmesan cheese, grated

Dish: 20cm (8") souffle dish
Oven Accessory: glass turntable + metal tray

1. Place aubergines in a large colander and sprinkle liberally with salt. Stand for 20 mins. or until bitter juices run out. Rinse well under cold water and drain.
2. Place oil, garlic, onion and aubergine in dish. Cover and cook on **HIGH** power for 2 mins. or until softened.
3. Add tomatoes and puree and cook re-covered on **HIGH** power for 7 mins. Add lamb and season, mix well.
4. Whisk eggs, cream and cheese together and pour over lamb. Sprinkle with Parmesan cheese and cook on **Combination: Convection 190°C + SIMMER power** for 15-20 mins. or until topping is puffed and golden.

Lamb Kebabs

Serves: 4

Ingredients

1 clove garlic, crushed
5ml (1tsp) chilli powder
5ml (1tsp) ground cumin
150ml (¼pt) soured cream
15ml (1tbsp) chopped mint
450g (1lb) minced lamb
1 onion, grated

Dish: 8 wooden skewers
Oven Accessory: glass turntable + grill accessory + metal tray + splash guard

1. Mix the garlic, chilli powder and cumin together. Stir into the soured cream and add mint.
2. Place the minced lamb and onion in a bowl and add half the flavoured cream. Mix well.
3. With damp hands, form the mince mixture into long sausages around the skewers.
4. Arrange the kebabs on the grill accessory, brush with remaining cream. Cook on **Combination: Grill Convection 250°C + Grill 1 + WARM power** for 15-20 mins. turning halfway.

Kidneys Turbigo

Serves: 4

Ingredients

6 lambs kidneys
1 onion, sliced
25g (1oz) butter
100g (4oz) button mushrooms, halved
15g (½oz) flour
8 chipolata sausages, halved
60ml (4tbsp) red wine
60ml (4tbsp) hot beef stock
30ml (2tbsp) tomato puree
salt and pepper

Dish: large casserole
Oven Accessory: glass turntable

1. Skin, halve and core the kidneys. Remove any fat or gristle.
2. Place the onion and butter in the casserole. Cover and cook on **HIGH** power for 2 mins. or until the onion starts to soften.
3. Add the kidneys, cover and cook on **HIGH** power for 4 mins. Turn halfway during cooking.
4. Add remaining ingredients, cover and cook on **MEDIUM** power for 15-18 mins. or until the kidneys are tender. Stir halfway during cooking.

Glazed Gammon

Serves: 4

Ingredients

900g (2lb) unsmoked gammon joint
cold water to cover
300ml (½pt) white wine (optional)
1 onion, peeled
4 whole cloves
10 peppercorns
45ml (3tbsp) honey
30ml (2tbsp) orange juice
15ml (1tbsp) demerara sugar
15ml (1tbsp) Dijon mustard
12 whole cloves

Dish: large bowl
Oven Accessory: glass turntable + low rack + metal tray + splashguard

1. In a large bowl or casserole soak the gammon in water for at least 2 hours. Discard the water, recover the joint with fresh water and wine (if using). Add onion stuck with cloves and peppercorns and cook on **HIGH** power for 15 mins. then **MEDIUM** power for 15-20 mins. per 450g (1lb) or until cooked. Drain.
2. Mix together the honey, juice, sugar and mustard. Cook on **HIGH** power for 1 min. Leave to cool.
3. Remove the gammon rind. Score the fat in a lattice pattern and stud with cloves. Brush over half of the glaze.
4. Place gammon onto low rack + splashguard on metal tray on turntable and cook in a preheated oven on **Grill Convection 170°C + Grill 1** for 10-15 mins. until golden, spreading over the remaining glaze halfway through cooking time.

Hawaiian Ribs

Serves: 2

Ingredients

1kg (2½lb) pork spare ribs
300ml (½pt) water
225g (8oz) can crushed pineapple
150ml (¼pt) HP Fruity Sauce
15ml (1tbsp) brown sugar
45ml (3tbsp) soy sauce
5ml (1tsp) fresh grated ginger

Dish: 20 x 25cm (8 x 10") rectangular dish
Oven Accessory: glass turntable + metal tray + grill accessory + splash guard

1. Place the ribs in a single layer in dish with the water, cover and cook on **HIGH** power for 10 mins. Drain.
2. Place all other ingredients in blender and blend until smooth. Dip each rib in the sauce ensuring they are well coated.
3. Place on grill accessory and cook on **Combination: Grill Convection 230°C + Grill 3 + LOW power** for 20 mins.or until cooked and crisping. Baste with extra sauce if required. Turn occasionally.

Casserole Pork with Herby Dumplings

Serves 4

Ingredients

30ml (2tbsp) oil
1 medium onion, chopped
1 green pepper, deseeded and chopped
225g (8oz) carrots, sliced
450g (1lb) lean pork, cubed
30ml (2tbsp) seasoned flour
5ml (1tsp) ground bay leaves
5ml (1tsp) dried sage
salt and pepper
300ml (½pt) dry cider
Dumplings:
175g (6oz) self raising flour
75g (3oz) suet
pinch of salt
5ml (1tsp) mustard powder
15ml (1tbsp) fresh parsley, chopped
150ml (¼pt) cold water

Dish: large casserole and lid
Oven Accessory: glass turntable + metal tray

1. Place oil, onion, green pepper and carrots in dish, cover and cook on **HIGH** power for 5 mins. or until soft.
2. Toss pork in seasoned flour and add to onion mixture. Stir in all other ingredients, cover and cook on **Combination: Convection 160°C + WARM power** for 1hr or until pork is tender, or on AUTO PROGRAM CASSEROLE.
3. Whilst cooking make the dumplings by combining the flour, mustard, salt, suet and parsley. Add the water to make a stiff dough. Shape dough into 8 round dumplings.
4. When pork is cooked uncover and place dumplings around the edge of dish. Cook uncovered on **Combination: Convection 160°C + WARM power** for 15 mins. or until dumplings are cooked through.

Pork and Potato Bake

Serves: 4

Ingredients

225g (8oz) carrots, sliced
3 celery sticks, sliced
15ml (1tbsp) vegetable oil
4 boneless pork chops
15ml (1tbsp) prepared mustard
1 onion, finely chopped
25g (1oz) butter
15g (½oz) flour
300ml (½pt) milk
salt and pepper
450g (1lb) potatoes, peeled and finely sliced

Dish: 20 x 25cm (8" x 10") rectangular dish
Oven Accessory: glass turntable + metal tray

1. Mix the carrots, celery and oil together in dish. Cover and cook on **HIGH** power for 4-5 mins. or until softening.
2. Arrange the chops in a single layer on top of the vegetables. spread mustard over evenly.
3. Make the onion sauce by cooking the onion with half the butter on **HIGH** power for 3-4 mins. Add the flour and stir well. Gradually add the milk and cook on **HIGH** power for 1½ mins. Stir and cook for a further 1-2 mins. or until thick and cooked. Season to taste. Pour sauce over chops. Arrange potato slices on top, cover and cook on **HIGH** power for 5 mins.
4. Uncover, dot with remaining butter and cook on **Combination: Convection 170°C + LOW power** for 25-30 mins. or until potatoes are golden.

Harvest Pork Casserole

Serves: 4-6

Ingredients

700g (1½lb) boneless leg of pork, cubed
225g (8oz) onion, chopped
450g (1lb) parsnips, sliced
1 garlic clove, crushed
15ml (1tbsp) ground coriander
5ml (1tsp) cumin seeds or ground cumin
30ml (2tbsp) flour
300ml (½pt) beef stock
300ml (½pt) apple juice
salt and pepper

Dish: large casserole and lid
Oven Accessory: glass turntable + metal tray

1. Place the cubed pork, chopped onion, sliced parsnips, crushed garlic, coriander and cumin in a large casserole dish.
2. Stir in the flour.
3. Gradually add the stock, apple juice and seasoning.
4. Cover and cook on Auto Program Casserole or cover and cook on **HIGH** power for 15 mins. Stir then cover and cook on **Combination: Convection 160°C + WARM power** for 1¼ - 1½ hours or until the meat is tender.

Cumberland Sausage Curry

Serves: 4

Ingredients

½ cauliflower, divided into florets
3 carrots, peeled and sliced
3 parsnips, peeled and sliced
450g (1lb) Cumberland sausage
15ml (1tbsp) sunflower oil
1 onion, chopped
30ml (2tbsp) mild curry paste
400g (14oz) tin of mixed spicy beans

Dish: large Pyrex® bowl
Oven Accessory: glass turntable, metal tray + grill accessory + splash guard

1. Prepare the vegetables.
2. Grill the sausages under preheated grill on **Grill 1** for 10 mins or until browned and cut into 5cm (2") chunks.
3. Place the onion in a large Pyrex® bowl with the sunflower oil and cook covered on **HIGH** power for 3 mins. or until soft.
4. Stir in the curry paste, add the vegetables, sliced sausage and beans plus 150ml (¼pt) boiling water. Cook on **HIGH** power for 10 mins. then **LOW** power for 15-20 mins, or until the vegetables are soft and the curry is piping hot.

Toad In The Hole

Serves: 4

Ingredients

100g (4oz) plain flour
3ml (½tsp) salt
2 eggs
300ml (½pt) milk and water
25g (1oz) lard or dripping
450g (1lb) sausages

Dish: 25 x 18cm (10" x 7") oblong tin
Oven Accessory: glass turntable + metal tray + low rack

1. Preheat oven on **Convection 220°C**.
2. Sift flour and salt in a bowl. Add egg and half the liquid. Beat until smooth. Gradually stir in remaining liquid.
3. Put fat in tin with sausages and place in the preheated oven until fat is sizzling hot.
4. Pour in the batter and cook for 30-35 mins. or until the batter is well risen and golden brown.

Pasta Medley

Serves: 4-6

Ingredients

450g (1lb) leeks, sliced
15ml (1tbsp) oil
3ml (½tsp) salt
2 kabanos or garlic sausage
4 eggs
50ml (2fl.oz) single cream
100g (4oz) Gouda cheese
1.25ml (¼tsp) cayenne pepper
100g (4oz) short pasta, cooked
5ml (1tsp) butter

Dish: 23cm (9") round Gratin dish
Oven Accessory: glass turntable + metal tray + low rack

1. Place the leeks with the oil in a bowl. Cover and cook on **HIGH** power for 3-4 mins. or until tender. Season.
2. Dice the sausages and stir into the leeks.
3. Whisk the eggs and cream together. Grate the cheese and add to the eggs. Fold in the leeks and the pasta.
4. Grease a 23cm (9") gratin dish and pour in the mixture. Cook on **Combination: Grill Convection 230°C + Grill 3 + LOW power** for 15-18 mins. or until golden.

Potato Based Pizza

Serves: 4

Ingredients

Base:
100g (4oz) self raising flour
50g (2oz) butter
100g (4oz) potato, cooked and sieved
Topping:
45ml (3tbsp) tomato puree
100g (4oz) Mozzarella cheese
1 onion, sliced
2 large mushrooms, sliced
½ green pepper, sliced
mixed herbs
seasoning

Dish: 24cm (9½") Pyrex® pizza dish or plate
Oven Accessory: glass turntable + metal tray

1. Rub butter into flour until it resembles fine breadcrumbs, add the cooked potato and work into a dough.
2. Line pizza dish with dough, spread with tomato puree, then layer remaining ingredients, finishing with the cheese. Cook on **Combination: Convection 230°C + WARM power** for 15-20 mins. or until browned.

Muffin Pizzas

Serves: 4

Ingredients

4 large muffins, halved
150ml (¼pt) Dolmio® sauce or Passata
100g (4oz) garlic sausage, cubed
1 clove garlic, crushed
1 small onion, diced
100g (4oz) cheese, grated
56g can anchovy fillets
black olives to garnish

Oven Accessory: glass turntable + grill accessory + metal tray + splash guard

1. Preheat Grill.
2. Place Dolmio® sauce, sausage, garlic and onion in a bowl and mix well.
3. Arrange muffin halves on grill accessory and toast on **Grill 1** for 3-4 mins. until browned. 4 halves at a time.
4. Spread muffins with the mixture. Top with cheese, anchovies and olives.
5. Cook on **Combination: Grill 1 + WARM power** for 5-7 mins. or until cheese has melted and is beginning to brown.

Bacon Rosti

Serves: 4

Ingredients

700g (1½lb) potatoes, peeled
50g (2oz) butter
1 onion, thinly sliced
6 rashers bacon, derinded and chopped
5ml (1tsp) dried mixed herbs
salt and pepper

Dish: 25cm (10") Pyrex® flan dish, greased
Oven Accessory: glass turntable + grill accessory + metal tray + splash guard

1. Coarsely grate the potatoes. Allow to drain.
2. Place the butter, onion and bacon in a bowl. Cover and cook on **HIGH** power for 5 mins. or until soft.
3. Stir in grated potato, herbs and seasoning. Place the mixture in a flan dish and press down firmly.
4. Place the flan dish on the grill accessory and cook on **Combination: Grill Convection 230°C + Grill 3 + LOW power** for 25 mins. After 10 mins, or when the top is golden brown invert the contents of the flan dish onto the grill accessory and continue cooking until the other side is golden.

TIP: *You can also add any left over meat or vegetables.*

Baked Soufflé

Serves: 4

Ingredients

25g (1oz) butter
25ml (1½tbsp) flour
150ml (¼pt) milk
3 eggs, separated
salt and pepper
75g (3oz) cheese, grated

Dish: 15cm (6") soufflé dish
Oven Accessory: glass *turntable* + metal tray + low rack

1. Melt butter on **HIGH** power for 30 secs. Stir in flour. Cook on **HIGH** power for 30 secs.–1 min. Stir in milk gradually, whisk until smooth. Cook on **HIGH** power for 2 mins. or until thickened. Beat well. Cool.
2. Add egg yolks one at a time. Season and mix in cheese.
3. Whisk the egg whites until stiff and fold into cheese mixture.
4. Cook in preheated oven on **CONVECTION 180°C** for 20-30 mins. until risen and brown.

Variations: Add to egg mixture before folding in egg whites:

1. 75g (3oz) cooked ham
2. 50g (2oz) mushrooms
3. 75g (3oz) smoked salmon, finely sliced.

Quiche Lorraine

Serves: 4

Ingredients

225g (8oz) shortcrust pastry
1 medium onion, chopped
15ml (1tbsp) oil
6 streaky bacon rashers, or
100g (4oz) ham cut into strips
2 eggs
150ml (¼pt) single cream
salt and pepper to taste
50g (2oz) cheddar cheese, grated

Dish: 23cm (9") metal tin
Oven Accessory: glass turntable + metal tray

1. Roll out the pastry and use to line the flan dish. Prick base of pastry with a fork, chill for 15 mins. Pre-heat oven to **CONVECTION 210°C** and bake the case blind for 20 mins. or until cooked.
2. Place the onion and bacon in a small dish. Cover and cook on **HIGH** power for 4 mins. or until onion is soft. Drain and place in bottom of flan case.
3. Beat the eggs, cream, salt and pepper and pour over the bacon. Sprinkle with cheese. Cook on **Combination: Convection 190°C + WARM power** for 20-25 mins. or until just set and browned.

Croque Monsieur

Serves: 2

Ingredients

4 slices bread, buttered
5ml (1tsp) Dijon mustard
2 slices smoked ham
100g (4oz) sliced cheese

Oven Accessory: glass turntable + grill accessory + metal tray + splash guard

1. Place the bread, buttered side up on grill accessory and cook on preheated **Grill 1** for approximately 3-4 mins. or until browning.
2. On 2 slices of the bread, spread the untoasted sides with mustard and top with ham and cheese. Cover with the other slices, browned side uppermost.
3. Place back on the grill accessory and cook on **Combination: GRILL 2 + SIMMER power** for 1-2 mins. or until the cheese has melted.

Ham and Cheese Croissants

Serves: 6

Ingredients

1 can ready to bake croissants
6 cheese slices
6 wafer thin slices of ham
egg for glazing

Oven Accessory: glass turntable + metal tray + low rack

1. Preheat the oven on **CONVECTION 180°C.**
2. Prepare croissants by placing a slice of cheese and ham on each piece of dough before rolling.
3. Place on a round baking tray, brush with egg and cook for 25-30 mins. or until golden and cooked through.

Macaroni Cheese

Serves: 4

Ingredients

175g (6oz) quick cooking macaroni
40g (1½oz) butter
1 small onion, finely chopped
100g (4oz) bacon, chopped
40g (1½oz) flour
600ml (1pt) milk
5ml (1tsp) french mustard
150g (5oz) red cheese, grated
salt and pepper
30ml (2tbsp) fresh brown breadcrumbs

Dish: large dish and jug
Oven Accessory: glass turntable + metal tray + low rack

1. Cook macaroni in 450ml (¾pt) boiling water. Cover and cook on **HIGH** power for 5-6 mins. or until soft. Drain.
2. Place butter, onion and bacon in a jug. Cover. Cook on **HIGH** power for 5 mins. or until onion is soft. Stir halfway through cooking.
3. Stir in flour and cook for 30 secs. on **HIGH** power.
4. Gradually add milk, stir well and season. Cook on **HIGH** power for 5-6 mins. or until sauce is thick and bubbling. Stir twice during cooking.
5. Add mustard and 100g (4oz) grated cheese. Add macaroni. Place the macaroni mixture in a large dish. Sprinkle with breadcrumbs and remaining cheese.
6. Cook on **Combination: Grill Convection 230°C + Grill 3 + LOW power** for 10-12 mins. or until cheese starts to melt.

Cheese, Onion & Olive Scones

Ingredients

1 medium onion, finely diced
15ml (1tbsp) olive oil
175g (6oz) self-raising flour
3ml (½tsp) salt
3ml (½tsp) mustard powder
3ml (½tsp) cayenne pepper
seasoning
25g (1oz) butter
40g (1½oz) strong cheddar cheese, grated
40g (1½oz) Parmesan cheese
25g (1oz) black olives, stoned and chopped
1 egg, beaten
45ml (3tbsp) milk
1 beaten egg for glazing

Dish: round baking sheet
Oven Accessory: glass turntable + metal tray + low rack

1. Place onion and oil in a bowl. Cover and cook on **HIGH** power for 2 mins. or until softened. Drain.
2. Sift together the flour, salt, mustard and cayenne with seasoning. Rub in the butter.
3. Mix in onion, cheeses and olives. Beat egg and milk together. Pour into flour mixture and bring to a soft dough.
4. On a floured surface roll out dough to approx. 2cm thick. Cut out rounds using a 5cm pastry cutter and brush with beaten egg.
5. Place half the dough rounds on a lightly greased baking sheet. Place on the low rack and cook in a pre-heated oven on **CONVECTION 200°C** for 15-20 mins. or until cooked and golden brown.

Cheese and Salami Pie

Serves: 4

Ingredients

900g (2lb) potatoes thinly sliced
25g (1oz) butter
pinch grated nutmeg
salt and pepper
200g (7oz) Mozzarella cheese, thinly sliced
225g (8oz) peppered salami, thinly sliced
50g (2oz) fresh breadcrumbs
50g (2oz) Parmesan cheese, grated

Dish: 25cm (10") round heatproof dish
Oven Accessory: glass turntable + metal tray + low rack

1. Arrange ⅓ potatoes on base of dish. Dot with ½ the butter and sprinkle with nutmeg and salt and pepper.
2. Arrange ½ the Mozzarella and salami on top, cover with ½ the remaining potato, dot with remaining butter and season.
3. Top with remaining salami and Mozzarella and finish with potato slices. Cover and cook on **HIGH** power for 20 mins. or until potatoes are tender.
4. Uncover and sprinkle with the breadcrumbs mixed with the Parmesan. Place on low rack and cook in a preheated oven on **Grill Convection 230°C + Grill 1** for 5-8 mins. or until starting to brown and crisp.

Cereals, Pasta, Rice & Beans

Cannelloni

Serves: 4

Ingredients

8 quick cooking cannelloni tubes
600ml (1pt) pouring white sauce *(see page 76)*
50g (2oz) cheese, grated
Filling:
100g (4oz) defrosted spinach
50g (2oz) cooked ham, chopped
30ml (2tbsp) Parmesan cheese
1 egg, beaten
175g (6oz) cooked chicken, finely diced
15ml (1tbsp) parsley, finely chopped
15ml (1tbsp) spring onions, finely chopped
60ml (4tbsp) Parmesan cheese

Dish: deep baking dish approx. 20cm x 25cm (8" x 10")
Oven Accessory: glass turntable + metal tray

1. Prepare sauce. At the end of cooking, whisk in the grated cheese. Set aside.
2. Prepare filling by combining all filling ingredients. Fill cannelloni tubes from each end.
3. Pour half the sauce into the dish and then lay the cannelloni *on top. Pour remaining sauce over and sprinkle with second* measure of Parmesan cheese.
4. Cook on **Combination: Convection 190°C + SIMMER power** for 20-25 mins. or until the pasta is tender.

Tuna Pasta

Serves: 4

Ingredients

225g (8oz) mixed dried pasta i.e. tagliatelle, twists, shells
1 litre (1¾pt) boiling water
15ml (1tbsp) oil
3ml (½tsp) salt
25g (1oz) butter
100g (4oz) mushrooms, peeled and sliced
198g (7oz) can tuna, drained
Sauce:
40g (1½oz) butter
40g (1½oz) flour
600ml (1pt) milk
30ml (2tbsp) Dry Vermouth (optional)
salt and pepper to taste
25g (1oz) cheese, grated
25g (1oz) breadcrumbs

Dish: 3 litre (6pt) casserole dish
Oven Accessory: glass turntable + metal tray + low rack

1. Cook pasta *in water with oil and salt* covered on **HIGH** power for 10-12 mins. or until soft. Leave to stand for 2-3 mins Drain.
2. Melt butter in small dish on **HIGH** power for approx. 45 secs. Add mushrooms and cover. Cook on **HIGH** power for 3-4 mins. or until soft.
3. To make sauce, melt butter on **HIGH** power for 30-40 secs. Stir in flour to make a roux. Gradually whisk in milk until well combined. Cook on **HIGH** power for 3-5 mins. or until smooth and glossy. Stir halfway through cooking. Add Vermouth and season.
4. Combine pasta, tuna and mushrooms in dish. Pour sauce over and stir to mix thoroughly. Sprinkle with cheese and breadcrumbs and cook on **Combination: Grill Convection 230°C + Grill 3 + LOW power** for 10-12 mins. or until golden brown.

Spinach & Ricotta Lasagne

Serves: 4-6

Ingredients

2 onions, chopped
2 cloves garlic, crushed
30ml (2tbsp) oil
3 deseeded red peppers, chopped
397g (14oz) canned tomatoes
15ml (1tbsp) tomato puree
salt and pepper
450g (1lb) frozen spinach, defrosted and drained
450g (1lb) ricotta cheese
9 sheets lasagne, precooked
300ml (½pt) natural yoghurt
45ml (3tbsp) grated parmesan cheese

Dish: 2ltr (4pt) shallow dish
Oven Accessory: glass turntable + metal tray

1. Place one of the onions and a clove of garlic in a bowl with 1 tbsp oil and cook for 2-3 mins. on **HIGH** power or until soft.
2. Add the red peppers, tomatoes and tomato puree, season and cook on **HIGH** power for 5-6 mins. or until hot. In another bowl, place the second onion and garlic clove with 1 tbsp oil. Cover and cook on **HIGH** power for 2-3 mins. until soft.
3. Add the defrosted, drained spinach and stir well. Cook on **HIGH** power for 2-3 mins. or until cooked. Drain.
4. In a 2ltr (4pt) shallow dish, place a layer of spinach. Top with ricotta cheese, then lasagne followed by the tomato sauce and a further layer of pasta. Spoon yoghurt onto the top and sprinkle with parmesan cheese.
5. Cook on **Combination: Convection 190°C + SIMMER power** for 30-40 mins. or until golden and piping hot.

Kedgeree

Serves: 4

Ingredients

175g (6oz) easycook brown rice
450ml (¾pt) hot chicken stock
450g (1lb) smoked haddock
30ml (2tbsp) lemon juice
1 onion, chopped
15ml (1tbsp) oil
150ml (¼pt) soured cream
15ml (1tbsp) curry paste
100g (4oz) frozen peas
30ml (2tbsp) parsley, chopped
2 hardboiled eggs, chopped

Dish: large casserole
Oven Accessory: glass turntable

1. Place the rice and chicken stock in casserole, cover and cook on **HIGH** power for 15-17 mins. or until tender.
2. Place the fish in a shallow dish, sprinkle with lemon juice, cover and cook on **HIGH** power for 5-6 mins. or until cooked. Skin and flake.
3. Place onion and oil in a small dish, cover and cook on **HIGH** power for 3-4 mins. or until softened.
4. Combine the soured cream with curry paste. Mix into rice then stir in flaked fish, onion, peas, parsley, eggs and seasoning. Cover and cook on **HIGH** power for 5 mins. or until piping hot.

Lentil Biryani

Serves: 4-6

Ingredients

100g (4oz) green lentils
15ml (1tbsp) oil
1 large onion, sliced
5ml (1tsp) grated root ginger
1 garlic clove, crushed
3ml (½tsp) turmeric
5ml (1tsp) chilli powder
10ml (2tsp) curry powder
150ml (¼pt) natural yoghurt
100g (4oz) mushrooms, sliced
2 tomatoes, peeled and chopped
300ml (½pt) hot water
50g (2oz) cashew nuts
450g (1lb) cooked basmati rice
Garnish:
hard boiled egg slices and coriander leaves

Dish: large casserole
Oven Accessory: glass turntable

1. Soak the lentils in cold water for 1 hour then drain them.
2. Place the oil and onion in a large bowl. Cover and cook on **HIGH** power for 3 mins. or until softened.
3. Add the ginger, garlic, turmeric, chilli and curry powder. Cover and cook on **HIGH** power for 2 mins.
4. Add the yoghurt, mushrooms, tomatoes, water and lentils. Cover and cook on **HIGH** power for 25-30 mins. or until the lentils are tender and the liquid has evaporated.
5. Add the lentil mixture and cashew nuts to the cooked rice and mix thoroughly. Reheat on **HIGH** power if necessary. Garnish and serve.

Wild Mushroom and Basil Risotto

Serves: 4

Ingredients

40g (1½oz) dried Cep mushrooms
50g (2oz) butter
1 clove garlic, finely chopped
1 small onion, finely chopped
freshly ground black pepper
250g (9oz) Arborio rice
300ml (½pt) hot vegetable stock
12 basil leaves, torn

Dish: 3 litre (6pt) casserole dish
Oven Accessory: glass turntable

1. Soak mushrooms in 300ml (½pt) warm water.
2. Place the butter, garlic and onion in a large bowl, cover with cling film and cook on **HIGH** power for 3 mins, or until softened. Season with freshly ground black pepper.
3. Stir the rice into the butter mixture and add the hot stock and soaking liquid from the mushrooms. Cover and cook for a further 5 mins on **HIGH** power.
4. Stir the mushrooms into the rice mixture. Cover and cook for a further 5 mins. on HIGH power.
5. Stir and add the basil. Continue to cook for the final 5 mins. on HIGH power. Leave to stand for approx. 10 mins and then stir with a fork.

Tagliatelle Toscana

Serves: 4

Ingredients

1 large aubergine, cubed
salt
350g (12oz) tagliatelle, fresh
1 onion
1 clove garlic, crushed
15ml (1tbsp) olive oil
397g (14oz) tin of chopped tomatoes
5ml (1tsp) basil
15ml (1tbsp) tomato puree
15g (½oz) butter
salt and pepper
8-10 black olives, stoned
100g (4oz) mozzarella, diced
30ml (2tbsp) parmesan cheese, grated

Dish: deep casserole dish
Oven Accessory: glass turntable + metal tray + low rack

1. Sprinkle the aubergine with salt and leave for 20 mins, then rinse and dry.
2. Cook the pasta in 600ml (1pt) boiling water, covered, on **HIGH** power for 4 mins. or until tender. Drain.
3. Place onion, garlic and oil in a bowl, cover and cook on **HIGH** power for 2 mins. or until soft. Add the remaining ingredients except the mozzarella, tagliatelle and parmesan cheese, cover and cook on **HIGH** power for 6-8 mins.
4. Mix the drained pasta with the mozzarella. Place in a casserole dish. Pour the sauce over the top. Sprinkle with parmesan and cook on **Combination: Grill Convection 230°C + Grill 1 + WARM power** for 6-8 mins. or until golden brown and piping hot.

Roast Vegetable and Pasta Gratin

Serves: 4

Ingredients

1 aubergine
2 leeks
1 red, 1 green pepper
1 onion
1 clove of garlic
45ml (3tbsp) olive oil
225g (8oz) pasta shapes
225 g (8oz) fresh spinach

White Sauce

40g (1½oz) butter
40g (1½oz) flour
1pt (600ml) milk
15ml (1tbsp) mustard
50g (2oz) Cheddar cheese
150g (5oz) Boursin cheese
50g (2oz) Cheddar cheese for topping

Dish: 25cm (10") round shallow Pyrex® dish
Oven Accessory: glass turntable + metal tray + low rack

1. Chop all the vegetables into bite sized pieces and put in a roasting dish with the oil. Cook on **Grill Convection 230°C** for 25-30 mins or on the Roast Vegetable program.
2. Cook the pasta shapes in 450 ml (¾ pt) boiling water on HIGH power for 5-6 mins or until soft. Drain. Wash the spinach and tear into small pieces and grate the cheese.
3. Make the white sauce as per instructions on page 76. add the mustard, cheese and Boursin cheese and stir thoroughly until smooth. Season well.
4. Mix the pasta, spinach and roast vegetables with the sauce and place in a large shallow dish. Sprinkle the top with cheese.
5. Cook on **Combination: Grill Convection 230°C + Grill 3 + LOW power** for 10-15 mins or until golden brown.

Vegetable and Chick Pea Casserole

Serves: 4

Ingredients

1 medium onion, chopped
10ml (2tsp) vegetable oil
2 medium courgettes, sliced thickly
1 red pepper, seeded & chopped
2 medium carrots, peeled & thinly sliced
1 small cauliflower, cut into florets
100g (4oz) dried apricots, halved
2 cloves garlic, crushed
425g (15oz) can chick peas, drained
3ml (½ tsp) each: ground turmeric, ground coriander, ground cumin
5ml (1tsp) paprika
2.5cm (1") fresh root ginger, peeled and finely chopped
salt and pepper
450ml (¾pt) hot vegetable stock
chopped parsley to garnish

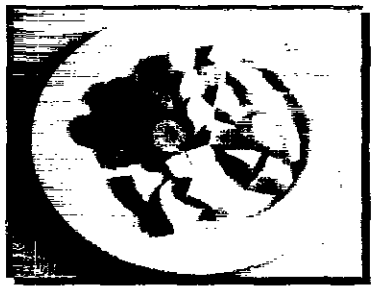
Dish: large casserole dish
Oven Accessory: glass turntable

1. Place the onion and oil in a large casserole dish. Cover and cook on **HIGH** power for 3 mins. or until starting to soften.
2. Add the prepared vegetables, apricots, garlic, chick peas and stir in the spices, salt, pepper and stock.
3. Cover and cook on **HIGH** power for 15-20 mins, or until vegetables are soft. Stir two or three times during cooking Serve with couscous or rice and garnish with parsley.

TIP

To prepare couscous: Place 300ml (½pt) vegetable stock in a bowl and 1.2ml (¼tsp) turmeric. Cook on **HIGH** power for 4 mins. or until boiling. Add 175g (6oz) couscous and allow to stand for 5 mins. Fluff up with a fork before serving.

Vegetables and Vegetarian Guidelines



- Root vegetables. i.e. carrots, swede, should be cut into slices, strips or cubes.
- Do not mix fresh and frozen vegetables as the cooking times may be different.

- Cabbage should be shredded and cooked by power and time.
- Fresh vegetables require 90ml (6tbsp) of water. For each extra 450g (1lb) add an extra 90ml (6tbsp) of water and stir halfway.

- If cooking potatoes with other vegetables, only cook with other ROOT vegetables.
- Never add salt to vegetables before microwaving. Remember the flavour of microwaved vegetables is much better than boiled.

- Always cook vegetables in a dish that is a suitable size. Use flat dishes not basins. Always cover with cling film or a lid.

- Certain vegetables i.e. broccoli and asparagus, should be arranged so that the tips are in the centre of the dish, as these require less cooking.

- Whole cauliflower should be cooked upside down on MEDIUM power for 10 mins. approx. with 90ml (6tbsp) water.

COOKING VEGETABLES FOR ONE

Vegetables with 60ml (4tbsp) water	Weight	Mins. on HIGH Power
Broccoli	100g (4oz)	4-5
Carrots	100g (4oz)	4
Cauliflower Florets	100g (4oz)	4
Courgettes	100g (4oz)	3
Frozen Corn	100g (4oz)	3
Frozen Peas	100g (4oz)	3
Potatoes, boiled	225g (8oz)	4-5

Potato & Rosemary Cake

Serves: 4

Ingredients

30ml (2tbsp) olive oil
450g (1lb) onions, skinned and sliced
900g (2lb) new potatoes, thinly sliced
2 garlic cloves, skinned and crushed
30ml (2tbsp) chopped fresh rosemary
salt and pepper
300ml (10fl.oz) single cream

Dish: 25cm (10") flan dish
Oven Accessory: glass turntable + metal tray

1. Place the oil and onions in a large bowl. Cover and cook on **HIGH** power for 3 mins. Add the potatoes and garlic, cover and cook on **HIGH** power for 5 mins or until softened.
2. Layer the potatoes, onions, rosemary and seasoning in the flan dish. Pour over the cream and lightly press down the potatoes.
3. Cook on **Combination: Convection 220°C + LOW power** for 30-35 mins. or until golden brown.

Gratin Dauphinois

Serves: 4

Ingredients

1 clove of garlic, halved
675g (1½lb) potatoes, sliced very thinly
salt and pepper
pinch nutmeg
150ml (¼pt) double cream
25g (1oz) butter

Dish: 20cm (8") shallow dish
Oven Accessory: glass turntable + metal tray

1. Rub halves of garlic around inside of dish and discard.
2. Layer the potato slices in the dish, seasoning with salt and pepper and nutmeg between each layer.
3. Pour the cream evenly over the top of the potatoes and dot with butter. Cook on **Combination: Convection 190°C + SIMMER power** for 30-35 mins. or until potatoes are cooked.

Spicy Potatoes

Serves: 4

Ingredients

350g (12oz) potatoes
45ml (3tbsp) natural yoghurt
10ml (2tsp) mango chutney
3ml (½tsp) cumin, coriander and garam masala
3ml (½tsp) turmeric
10ml (2tsp) fresh coriander
pinch chilli powder
15g (½oz) sultanas
salt and pepper

Dish: 1 litre (2pt) dish
Oven Accessory: glass turntable

1. Cut the potatoes into large cubes and place in a large bowl with 6tbsp water. Cover and cook on **HIGH** power for 6-8 mins. or until soft. Drain and set aside.
2. Mix the remaining ingredients together. Add the potatoes and mix well. Serve either hot or cold.

Roast Potatoes

Serves: 4

Ingredients

450g (1lb) potatoes
25g (1oz) butter
30ml (2tbsp) oil

Oven Accessory: glass turntable + metal tray

1. Peel and cut potatoes into quarters. Par boil and drain (see page 43).
2. Place potatoes, oil and butter on metal tray. Cook on **Combination: Convection 220°C + LOW power** for 25 mins. turning and basting potatoes during cooking, or until crisp and brown.

Courgette & Tomato Casserole

Serves: 4

Ingredients

450g (1lb) courgettes, cut diagonally in ½cm (¼") slices
1 onion, finely chopped
225g (8oz) tomatoes, skinned and sliced
10ml (2tsp) fresh chopped mint
50g (2oz) margarine
salt and pepper
75g (3oz) Red Leicester cheese, grated
25g (1oz) fresh white breadcrumbs

Dish: 25cm (10") flan dish
Oven Accessory: glass turntable + metal tray

1. Layer courgettes, onion and tomatoes with mint and seasoning in dish. Dot with margarine.
2. Cover and cook on **HIGH** power for 3-5 mins. or until soft.
3. Drain when cooked.
4. Mix cheese and breadcrumbs and sprinkle over courgette mixture. Cook uncovered on **Combination: Convection 200°C + WARM power** for 30 mins or until browned.

Vegetarian Chilli

Serves: 4

Dish: large casserole + lid
Oven Accessory: glass turntable

Ingredients

15ml (1tbsp) oil
1 onion, finely chopped
1 green pepper, chopped
1 chilli, chopped
2 carrots, diced
5ml (1tsp) chilli powder
3ml (½tsp) cumin
175g (6oz) bulgar wheat
396g (14oz) can chopped tomatoes
30ml (2tbsp) tomato puree
450ml (¾pt) water
396g (14oz) can red kidney beans, drained

1. Place oil, onion, pepper, chilli and carrots in a large casserole, cover and cook on **HIGH** power for 4-5 mins. or until softened.
2. Add chilli and cumin. Stir in bulgar wheat, chopped tomatoes, tomato puree and water. Cover and cook on **HIGH** power for 10 mins. Stir in red kidney beans, cover and cook on **HIGH** power for 2-3 mins.

Nutty Potato Crumble

Serves: 6

Dish: large 25cm (10") ovenproof dish
Oven Accessory: glass turntable + metal tray

Ingredients

2 eggs
450g (1lb) potatoes
100g (4oz) green cabbage
1 onion
75g (3oz) butter
salt and black pepper
300ml (½pt) cheese sauce
75g (3oz) hazelnuts, chopped
100g (4oz) granary breadcrumbs
50g (2oz) cheddar cheese, grated

1. Hard boil the eggs (see page 39 for instructions for poached eggs). Thickly slice the potatoes, place in a casserole dish with 90ml (6tbsp) water and cook, covered on **HIGH** power for 10-12 mins. or until soft. Drain and set aside.
2. Shred the cabbage, thinly slice the onion and with 25g (1oz) of the butter put into a glass bowl. Cover and cook on **HIGH** power for 5-6 mins. or until softened.
3. Arrange potatoes, cabbage, onion and chopped eggs in an ovenproof dish. Season well. Pour over cheese sauce (see page 76). Mix together the nuts and breadcrumbs and crumble over the vegetables. Dot with remaining butter and sprinkle over the grated cheese.
4. Bake on **Combination: Convection 160°C + LOW power** for 20-25 mins. or until golden and piping hot.

Ratatouille

Serves: 4

Dish: 20cm (8") casserole
Oven Accessory: glass turntable

Ingredients

1 aubergine, sliced
5ml (1tsp) salt
1 courgette, sliced
1 onion, sliced
1 green pepper, trimmed and sliced
1 clove of garlic, peeled and crushed
396g (14oz) can of tomatoes
30ml (2tbsp) olive oil
salt and pepper to taste

1. In a colander sprinkle aubergine slices with salt and leave for 30 mins. to remove bitter juices. Rinse with cold water.
2. Combine all ingredients in a casserole. Cover and cook on **HIGH** power for 15 mins. or until vegetables are soft. Stir halfway through cooking time.

Tasty Fillings for Jacket Potatoes

Serves: 1

Dish: Pyrex® plate **Oven Accessory: glass turntable**

Ingredients

25g (1oz) grated cheddar cheese
15ml (1tbsp) chopped spring onion
25g (1oz) butter

small can tuna fish (drained)
15ml (1tbsp) grated onion
5ml (1tsp) chutney
30ml (2tbsp) mayonnaise

1 rasher crisped bacon
30ml (2tbsp) soured cream
5ml (1tsp) chopped chives

For Jacket Potatoes see page 43 or cook on Auto Program Jacket Potatoes.

After standing time, scoop out the centre of the potato and *mash well. Mix with one of the fillings opposite.*

After filling reheat the potato for a further 1 min. on **HIGH** power until piping hot.

TIP To crisp bacon place on a microsafe rack, cover with a piece of kitchen towel to minimise splatter and cook on **HIGH** power for approx 45 secs. per rasher or until desired crispness is achieved.

Celeriac and Ham Bake

Serves: 4

Ingredients

450g (1lb) potatoes
450g (1lb) celeriac
50g (2oz) onion
seasoning
1 garlic clove, crushed
300ml (½pt) single cream
225g (8oz) Gouda cheese, grated
100g (4oz) wafer thin cut smoked ham

Dish: shallow casserole 25cm (10")
Oven Accessory: glass turntable + metal tray

1. Thinly slice the potato, celeriac and onion. Place in a large bowl with 150ml (¼pt) water and cook on **HIGH** power for 5-6 mins. or until softened. Drain.
2. Mix together the garlic, cream and grated cheese, reserving 50g (2oz) for the top. Pour over the vegetables and ham. Season and sprinkle with the remaining cheese.
3. Cook on **Combination 220°C + LOW power** for 20-25 mins. or until cooked and golden brown.

Cauliflower Cheese

Serves: 4

Ingredients

1 cauliflower, trimmed
90ml (6tbsp) water
25g (1oz) butter
25g (1oz) flour
3ml (½tsp) French mustard
300ml (½pt) milk
seasoning to taste
Topping:
75g (3oz) grated red cheese
15ml (1tbsp) brown breadcrumbs

Dish: shallow casserole
Oven Accessory: glass turntable + metal tray

1. Place cauliflower upside down in a bowl. Add water. Cover and cook on **MEDIUM** power for 10 mins. or until tender. Drain.
2. Melt butter on **HIGH** power for 15-30 secs. Stir in flour and mustard. Cook for a further 15 secs. Add milk gradually. Stir well and season. Cook on **HIGH** power for 2-3 mins. or until sauce is thick and bubbling. Stir once halfway during cooking.
3. Stir in 60g (4tbsp) grated cheese. Pour the sauce over the cauliflower. Top with remaining cheese and breadcrumbs.
4. Cook on **Combination: Convection 220°C + WARM power** for 10-15 mins. or until golden brown.

Vegetable Curry

Serves: 4

Ingredients

2 medium aubergines, diced
salt
2 cloves of garlic, chopped
pinch cayenne pepper
10ml (2tsp) ground coriander
5ml (1tsp) ground cumin
5ml (1tsp) turmeric
15ml (1tbsp) oil
2.5cm (1") root ginger, peeled and sliced
1 small cauliflower, divided into florets
2 medium potatoes, diced
100g (4oz) green beans, sliced
1 fresh chilli, deseeded and sliced
150ml (¼pt) vegetable stock
397g (14oz) can chopped tomatoes
100g (4oz) cashew nuts

Dish: 3 litre (6pt) casserole
Oven Accessory: glass turntable

1. Sprinkle the aubergine liberally with salt in a colander. Stand for 30 mins. to remove bitter juices. Rinse well under cold water and drain.
2. Combine garlic, spices and oil in casserole, cover and cook on **HIGH** power for 2 mins.
3. Add all other ingredients to casserole, except cashews. Cover and cook on **HIGH** power for 10 mins. then **SIMMER** power for 30-40 mins. or until vegetables are soft. Stir occasionally.
4. Sprinkle with cashews and serve with boiled rice.

N.B. This recipe is best cooked in advance, chilled and then reheated to allow the flavours to develop.

Golden Vegetable Pie

Serves: 6

Ingredients

25g (1oz) butter
1 clove garlic, crushed
100g (4oz) potato, cubed
450g (1lb) carrots, sliced
2 leeks, diagonally sliced
30ml (2tbsp) plain flour
300ml (½pt) stock
salt and ground pepper
100g (4oz) mushrooms
50g (2oz) cheddar cheese, grated
lightly beaten egg to glaze
1 quantity of shortcrust pastry (see page 78)

Dish: 1ltr (2pt) pie dish
Oven Accessory: glass turntable + metal tray

1. In a large bowl add all the vegetables except mushrooms with the crushed garlic and butter and cook on **HIGH** power for 10 mins. or until softened.
2. Stir in the flour, add the stock and cook on **HIGH** power for 2 mins. or until thickened.
3. Stir in the mushrooms and cheese. Mix well.
4. Roll out the pastry to 2cm (¾") larger than the surface of a 1 ltr (2pt) pie dish. Spoon the vegetables into the dish. Cover with pastry making a double crust around the edge of the dish. Brush the top with egg.
5. Pre-heat oven on **CONVECTION 210°C.** Bake on **Combination: Convection 220°C + SIMMER power** for 20 mins. or until golden.

Vegetable Lasagne

Serves: 4-6

Ingredients

1 large onion, chopped
25g (1oz) butter
1 clove of garlic, crushed
225g (8oz) each of diced carrots, diced leeks, diced courgettes
1 green pepper, chopped
150ml (¼pt) hot vegetable stock
salt and pepper to taste
300ml (½pt) prepared tomato sauce
175g (6oz) pre-cooked lasagne
225g (8oz) Mozzarella cheese

Dish: large deep rectangular dish
Oven Accessory: glass turntable + metal tray

1. Place onion and butter in a casserole dish, cover and cook on **HIGH** power for 3 mins. Add vegetables and stock, re-cover and cook on **HIGH** power for 8-10 mins. or until vegetables are soft. Season to taste.
2. Cover base of dish with a thin layer of tomato sauce, then a layer of lasagne on top followed by a layer of vegetable mixture. Thinly slice 175g (6oz) of the cheese and layer on top of vegetables. Continue layering until ingredients are all used ending with a tomato sauce layer.
3. Grate remaining cheese and arrange over top in 3 diagonal bands. Cook on **Combination: Convection 190°C + SIMMER power** for 30-35 mins. or until the pasta is cooked.

Leek & Potato Gratin

Serves: 4

Ingredients

450g (1lb) leeks, sliced thinly
450g (1lb) potatoes, sliced thinly
150g (5oz) blue cheese
225g (8oz) Greek yoghurt
75ml (5tbsp) double cream
50g (2oz) brown breadcrumbs
salt and pepper

Dish: 25cm (10") flan dish
Oven Accessory: glass turntable + metal tray + low rack

1. Place the vegetables in a large bowl. Add 90ml (6tbsp) of water, cover and cook on **HIGH** power for 10-12 mins. or until the vegetables are softened.
2. Crumble or finely chop the cheese into a bowl and gradually blend in the yoghurt and the double cream.
3. Drain the vegetables and arrange in a flan dish. Season and pour over the blue cheese cream mixture.
4. Sprinkle with breadcrumbs, cook on **Combination: Grill Convection 230°C + Grill 3 + LOW power** for 10 mins. or until golden brown.

Bengali Parsnips

Serves: 4

Ingredients

450g (1lb) parsnips
1 large onion, sliced
2 shallots, chopped
2 cloves garlic
1 green chilli
45ml (3tbsp) olive oil
25g (1oz) butter
5ml (1tsp) each cardamom, paprika, cumin
10ml (2tsp) coriander
3ml (½tsp) hot chilli powder
seasoning

Dish: rectangular roasting tin (Pyrex® dish for Auto)
Oven Accessory: glass turntable + metal tray + low rack

1. Peel the parsnips and cut into batons. Place in a large bowl with 90ml (6tbsp) water and cook on **HIGH** power for 5 mins. Drain.
2. In a bowl combine all the remaining ingredients and heat covered on **HIGH** power for 2-3 mins. Mix in the parsnips and empty into roasting tin. Cook in a preheated oven on **Grill Convection 220°C** for 25-30 mins or until crisp, or use the Auto Roast Veg program.

Roast Vegetable Parcels

Serves: 4

Ingredients

450g (1lb) mixed vegetables eg. sweet potato, red pepper, leeks, aubergine, courgettes, onion
1 clove garlic, crushed
30ml (2tbsp) olive oil
200g (7oz) can chopped tomatoes
10ml (2tsp) tomato puree
50g (2oz) gruyère cheese, grated
100g (4oz) Boursin® cheese
15ml (1tbsp) single cream
25g (1oz) pinenuts
225g (8oz) ready made puff pastry
1 egg to glaze

Dish: round baking sheet
Oven Accessory: glass turntable + metal tray + low rack

1. Chop vegetables into 2.5 cm (1") chunks
2. Add garlic and oil, mix thoroughly with mixed vegetables. Place onto metal tray.
3. Cook on **Grill Convection 220°C + Grill 2** for 25-30 mins until vegetables are browned and al dente.
4. Place the chopped tomatoes and puree in a heatproof bowl uncovered and cook on **HIGH** power for 5 mins then **MEDIUM** power for 10 mins or until mixture is reduced in volume and thickened.
5. Mix the tomato sauce with the cooked vegetables and pinenuts.
6. Mix together the gruyère cheese, Boursin® and single cream.
7. Roll out pastry until it measures approx 16" square. Divide into 4 equal squares.
8. Place ¼ of the vegetable mixture in the centre of the square and top with ¼ of the cheese mixture.
9. Bring the corners of the pastry to the centre, pressing the edges together. Seal with water. Glaze with beaten egg.
10. Cook in a preheated oven on **Convection 220°C** for 25-30 mins or until golden and cooked through.

Baked Tomatoes and Fennel

Serves: 4

Ingredients

2 heads of fresh fennel, sliced
3 beef tomatoes, sliced
75g (3oz) spinach
75g (3oz) softened butter
3 cloves garlic, crushed
1 lemon, grated rind
15ml (1tbsp) fresh parsley, chopped
Seasoning

Dish: large shallow Pyrex® dish
Oven Accessory: glass turntable + metal tray + low rack

1. Place the sliced fennel into a bowl with 90ml (6tbsp) water and soften on **HIGH** power for 4-5 mins, drain. Lay ½ the tomato and fennel in the dish, followed by a layer of spinach and the remaining fennel and tomato.
2. Beat the butter with the other ingredients and place spoonfuls on top of the tomatoes and cook in a preheated oven on **Grill Convection 220°C + Grill 3** for 25-30 mins. or until cooked.

Veggie Burgers

Serves: 4

Ingredients

100g (4oz) button mushrooms
100g (4oz) onion, chopped
175g (6oz) fresh wholemeal breadcrumbs
100g (4oz) ground cashew nuts
1 egg
3ml (½tsp) celery and garlic salt

Oven Accessory: glass turntable + metal tray + grill accessory + splash guard

1. Place the mushrooms, onion, seasoning and all but a handful of breadcrumbs in a food processor. Whisk together and tip into a bowl, add the nuts and egg and blend with a fork.
2. Divide into four. Roll into balls and dip in the remaining breadcrumbs. Make into burger shapes. Preheat the grill and cook on **Combination: Grill 1 + WARM power** for 15 mins. or until browned. Turn half way.

Summer Vegetable Flan

Serves: 6

Ingredients

1 quantity shortcrust pastry (page 78)
175g (6oz) courgettes
1 garlic clove, crushed
175g (6oz) broccoli
50g (2oz) peas
175g (6oz) asparagus
100g (4oz) tomatoes
100g (4oz) full fat soft cheese
150ml (¼ pt) single cream
2 eggs + 1 egg yolk
40g (1½ oz) mature cheddar

Dish: 23cm (9") flan dish
Oven Accessory: glass turntable + metal tray

1. Preheat oven on **Convection 210°C.** Line the flan dish with the pastry and bake blind for 10 mins with baking beans. Remove baking beans and lining and bake for a further 10 mins until golden.
2. Thinly slice the courgettes, prepare the broccoli and peas place in a bowl with 90ml (6 tbsp) of water and soften on **HIGH** power for 4-5 mins. Drain. Place in the pastry case with the asparagus and quartered tomatoes.
3. Beat the soft cheese with the cream and eggs, pour over the vegetables and sprinkle with cheese. Cook on **Combination: Convection 180°C + WARM power** for 35-40 mins or until just set.

Mushroom Stroganoff

Serves: 4

Ingredients

1 large onion
4 sticks of celery
15ml (1tbsp) olive oil
350g (12oz) sliced mushrooms
300ml (½ pt) water
5ml (1tsp) Marmite®
3ml (½ tsp) thyme
Pinch ground bay leaf
150ml (¼ pt) sour cream
Seasoning

Dish: 3 litre (6pt) dish
Oven Accessory: glass turntable

1. Finely chop the onion + celery and place in a bowl with the oil and soften on **HIGH** power for 3-4 mins.
2. Add all other ingredients mix well. Cover and cook on **HIGH** power for 10 mins stirring well. When cooked stir in the sour cream and serve.

Goat's Cheese Tart with Roasted Vegetables

Serves: 4

Ingredients

100g (4oz) butter
225g (8oz) plain flour
50g (2oz) finely grated Parmesan
1 red and 1 yellow pepper, diced into 4cm pieces
2 medium courgettes, sliced
100g (4oz) aubergine, diced into 4cm pieces
15ml (1tbsp) olive oil
100g (4oz) soft goat's cheese
3 eggs, beaten
75ml (5tbsp) creme fraiche or double cream
15ml (1tbsp) chopped fresh parsley
salt and pepper

Dish: 23cm (9") flan tin
Oven Accessory: glass turntable, metal tray

1. Rub the butter into the flour until the mixture resembles fine breadcrumbs. Stir in the parmesan, add 2-3 tbsps cold water and mix to a firm dough.
2. Roll out and line the flan ring. Prick the base with a fork and allow to rest for 15 mins.
3. Cover the pastry with greaseproof, add baking beans and cook in a preheated oven at 200°C for 10 mins. Remove the paper and beans and cook for a further 5 minutes or until cooked. Allow to cool.
4. Place the prepared vegetables on the Grill Accessory and drizzle with olive oil. Cook on **Combination: Grill 1 + SIMMER power** for 10-12 mins or until lightly browned. Turn halfway during cooking.
5. Place the vegetables in the flan case and dot teaspoons of the goat's cheese around the vegetables.
6. Beat together the eggs and creme fraiche until smooth, add the parsley and seasoning. Pour carefully over the filling.
7. Cook on **Combination: Convection 190°C + WARM power** for 20-25 mins. or until set and lightly browned.

Sauces Guidelines

CONTAINER SIZE

Always use a container or jug at least twice the capacity of the sauce, to avoid boiling over.

STIRRING – IMPORTANT

Sauces/gravy should be thoroughly stirred before, during and after cooking, to avoid any eruptions and to result in a smooth sauce.

POWER LEVEL

Most sauces require **HIGH** power for cooking. Sauces containing eggs should be cooked on **LOW** power.

COVERING

DO NOT cover sauces when cooking.

REHEATING

Sauces can be made in advance and reheated by microwave. Reheat on **HIGH** power and stir halfway.

WOODEN SPOONS

Do not leave wooden spoons in the sauce when cooking. The wood may dry out and burn. NEVER LEAVE metal spoons in the sauce.

White Pouring Sauce

Ingredients

15g (½oz) butter
15g (½oz) flour
300ml (½pt) milk

Dish: 1 litre (2pt) jug **Oven Accessory: glass turntable**

1. Melt butter in jug on **HIGH** power for 20-40 secs.
2. Stir in the flour to make a roux.
3. Add the milk gradually stirring continuously until well combined.
4. Cook for 1½ mins. on **HIGH** power. Stir and cook for a further 1½ mins. Sauce should be smooth and glossy and coat the back of a spoon.

Variations of White Sauce

Mushroom Stir 50g (2oz) mushrooms sliced thinly and 15ml (1tbsp) tomato puree into sauce halfway through cooking time

Mustard Stir 15ml (1tbsp) French mustard into sauce halfway through cooking time.

Parsley Stir 60ml (4tbsp) chopped parsley and 15ml (1tbsp) lemon juice into sauce halfway through cooking time.

Onion Cook 1 small onion in the butter for 30 secs. on **HIGH** power before adding the flour and milk.

Cheese Stir in 75g (3oz) grated cheese, 5ml (1tsp) French mustard at the end of the cooking time.

Custard

Ingredients

30ml (2tbsp) custard powder
15ml (1tbsp) sugar
600ml (1pt) cold milk

Dish: 1 litre (2pt) jug **Oven Accessory: glass turntable**

1. Mix together the custard powder, sugar and a little milk to form a smooth paste.
2. Blend in the remaining milk, whisking well.
3. Cook on **HIGH** power for 4-6 mins. Whisk well halfway through cooking time and again at the end.

Gravy

Ingredients

meat or poultry dripping with sediment
30ml (2tbsp) flour
300ml (½pt) stock
salt and pepper

Dish: 1 litre (2pt) jug **Oven Accessory: glass turntable**

1. Scrape dripping and sediment from roasting dish into the jug.
2. Stir flour into dripping.
3. Gradually blend in stock.
4. Cook on **HIGH** power for 2-3 mins. stirring halfway through. Season and serve.

Hollandaise Sauce

Serves: 4

Ingredients

3 egg yolks
30ml (2tbsp) white wine vinegar
100g (4oz) chilled, unsalted butter, cut into cubes
pepper

Dish: 1 litre (2pt) jug **Oven Accessory: glass turntable**

1. Place egg yolks and vinegar in a jug. Beat well.
2. Drop cubes of butter on top. Cook on **HIGH** power for 15 secs.
3. Whisk. Cook on **HIGH** power for 10 secs.
4. Whisk again and cook on **HIGH** power for 10 secs. Repeat 10 secs. stages until sauce is thick and creamy.
5. Season and serve immediately with salmon steaks or asparagus spears.

N.B. This sauce must not boil or eggs will curdle.

Tomato Sauce

Serves: 4

Ingredients

1 medium onion, finely chopped
1 celery stick, finely chopped
1 carrot, finely chopped
25g (1oz) butter
2 cloves garlic, crushed
2 x 396g (14oz) cans of tomatoes
3ml (½tsp) each of basil, oregano and ground bay leaves
150ml (¼pt) red wine or vegetable stock
salt and pepper

Dish: large casserole **Oven Accessory: glass turntable**

1. Place onion, celery, carrot and butter in casserole, cover and cook on **HIGH** power for 4-5 mins. or until soft. Add the garlic, tomatoes, herbs and wine or stock.
2. Re-cover and cook on **MEDIUM** power for 10-15 mins. Liquidise then press through a sieve for a smooth sauce.

Citrus Barbecue Sauce

Serves: 4

Ingredients

1 medium onion, finely chopped
25g (1oz) butter
50g (2oz) soft light brown sugar
15ml (1tbsp) cornflour
10ml (2tsp) English mustard
5ml (1tsp) Worcestershire sauce
1 orange grated rind and juice of
45ml (3tbsp) lemon juice
15ml (1tbsp) tomato puree
150ml (¼pt) water
salt and pepper

Dish: 1 litre (2pt) jug **Oven Accessory: glass turntable**

1. Place onion and butter in jug and cook covered on **HIGH** power for 2-3 mins. or until soft.
2. Add sugar, cornflour, mustard and Worcestershire sauce. Gradually stir in both juices, orange rind, tomato puree and water. Cook on **HIGH** power for 3-4 mins. or until mixture comes to the boil stirring every minute. Add seasoning. Serve with beefburgers or chicken.

Variation:
Add 1 finely chopped green pepper to the onion and serve with pork chops.

Creamy Orange Sauce

Serves: 4

Ingredients

25g (1oz) butter
15ml (1tbsp) custard powder
50g (2oz) caster sugar
150ml (¼pt) orange juice
150ml (¼pt) double cream

Dish: 1 litre (2pt) jug **Oven Accessory: glass turntable**

1. Melt butter on **HIGH** power for 30 secs. Stir in custard powder, sugar, orange juice and cream.
2. Cook on **HIGH** power for 2-3 mins. stirring occasionally, until mixture boils and thickens.

Mars Bar Sauce

Serves: 4

Ingredients

2 Mars bars
60ml (4tbsp) milk

Dish: 1 litre (2pt) jug **Oven Accessory: glass turntable**

1. Cut each bar into four. Place in jug with the milk.
2. Cook on **HIGH** power for 2-3 mins. or until melted, stirring twice. Serve hot over ice-cream or sponge pudding.

Pastry

Shortcrust Pastry

Ingredients

225g (8oz) plain flour
pinch salt
100g (4oz) margarine
45ml (3tbsp) cold water

1. Place flour and salt into a mixing bowl. Rub the margarine into the flour until the mixture resembles fine breadcrumbs.
2. Sprinkle the water over and mix in using a round bladed knife.
3. Knead lightly for a few seconds until it forms firm, smooth dough. If possible, rest for 15 mins. before rolling out.

Choux Pastry

Ingredients

50g (2oz) butter
150ml (¼pt) water
65g (2½oz) plain flour sifted
2 eggs, lightly beaten

Dish: large jug **Oven Accessory: glass turntable**

1. Place butter and water in a large jug and heat on **HIGH** power for 2-3 mins. or until boiling.
2. Immediately tip in all the flour and beat well until mixture is smooth. Cool slightly.
3. Beat in eggs one at a time, beating vigorously until mixture is smooth and glossy.

Suetcrust Pastry

Ingredients

225g (8oz) self-raising flour
3ml (½tsp) salt
100g (4oz) shredded suet
105ml (7tbsp) cold water

1. Mix together flour, salt and suet.
2. Add water and mix to a soft dough. Knead lightly until smooth.

Smoked Mackerel Tartlets

Ingredients

6oz shortcrust pastry (see above)
200g (7oz) cream cheese
2 eggs
100g (4oz) smoked mackerel, finely chopped
30ml (2tbsp) chopped chives
grated parmesan cheese

Dish: 4 x 10cm (4") tart tins
Oven Accessory: glass turntable + metal tray

1. Line 4 x 10cm (4") diameter, 2cm (¾") deep tart tins with shortcrust pastry and chill for 15-30 mins.
2. Pre-heat oven to **CONVECTION 210°C**. Bake blind for 15-20 mins. or until cooked.
3. Put cheese in a bowl and beat until soft. Gradually beat in the eggs. Fold in the fish and chives.
4. Spoon the filling into the pastry shells and sprinkle generously with cheese.
5. Cook on **Combination: Grill Convection 230°C + WARM power** for 10 mins. or until just set and browned.

Savoury Potato Plait

Serves: 4-6

Ingredients

1 small potato, thinly sliced
200g (7oz) puff pastry
1 small onion, sliced
small apple, peeled, cored and sliced
salt and pepper to taste
75g (3oz) cheese, grated or crumbled, eg. Stilton, Roule etc.
Glaze:
1 egg, beaten

Dish: baking sheet (round)
Oven Accessory: glass turntable + metal tray

1. Cook potato in a shallow dish with 60ml (4tbsp) water, covered for 3 mins. on **HIGH** power. Drain.
2. Roll out the pastry to an oblong 25 x 27cm (10 x 11"). Lift onto baking sheet. With a knife, cut each side of the long edges diagonally at 2.5cm (1") intervals, to give strips which will become plaits.
3. Arrange layers of potato, onion and apple down the centre of the pastry. Season. Sprinkle over the cheese.
4. Brush the pastry strips with beaten egg and fold alternately over the mixture to form a plait.
5. Glaze the complete plait with beaten egg. Preheat oven on **Convection 210°C**. Cook on **Combination: Convection 230°C + SIMMER power** for 15-20 mins. or until crisp and golden.

Onion Tart

Serves: 4-6

Ingredients

225g (8oz) shortcrust pastry
25g (1oz) butter
1kg (2lb 4oz) onions, thinly sliced
3ml (½tsp) grated nutmeg
3 egg yolks
150ml (¼pt) double cream

Dish: 26cm (10") flan dish
Oven Accessory: glass turntable + metal tray

1. Line the flan dish with shortcrust pastry. Prick base all over with a fork. Chill for 15 mins. Pre-heat oven on **Convection 210°C**. Bake case blind for 15-20 mins or until cooked.
2. Place the butter and onions in a large bowl. Cover and cook on **HIGH** power for 12-15 mins. or until soft. Stir frequently. Arrange in the flan dish. Sprinkle with nutmeg.
3. Beat the egg yolks and cream together. Pour over the onions.
4. Cook in a preheated oven on **Grill Convection 200°C + Grill 3** *for 20-30 mins. or until the filling is firm and golden brown.*

Minced Beef and Onion Pie

Serves: 4

Ingredients

350g (12oz) shortcrust pastry
beaten egg to glaze
Filling:
350g (12oz) lean minced steak
1 medium onion, chopped
450ml (¾pt) hot beef stock
15ml (1tbsp) tomato puree
5ml (1tsp) yeast extract (Marmite*)
salt and pepper
10ml (2tsp) gravy thickening

Dish: large casserole + lid + 20cm (8") pie plate
Oven Accessory: glass turntable + metal tray

1. Combine all filling ingredients except thickening in casserole dish. Cover and cook on **HIGH** power for 5 mins. then **MEDIUM** power for 15 mins. Mix gravy thickening with water and stir into meat. Leave to cool. Preheat oven on **Convection 210°C**.
2. Roll out half the pastry to fit pie plate. Remove mince with a slotted spoon, reserving gravy for serving and fill pie. Roll out remaining pastry for a lid and place on top of mince, sealing the edges with water. Cut 2 slits in top of pastry and glaze top with egg. Cook on AUTO PROGRAM PASTRY - BAKE PIE. Approx. cooking time 20-25 mins. or **Combination: Convection 220°C + SIMMER power** for 20-25 mins. or until cooked.

Baked Jam Roly Poly Pudding

Serves: 4

Ingredients

1 quantity of suet pastry
75ml (5tbsp) seedless raspberry jam
milk to glaze

Dish: 1kg (2lb) loaf dish
Oven Accessory: glass turntable + metal tray

1. Roll out pastry to approx. 23 x 32cm (9 x 13").
2. Spread the jam over the pastry leaving 1cm (½") border all round. Brush the edges with milk and roll the pastry up evenly, starting at one short side and sealing the edges well.
3. Brush top with milk and place in loaf dish. Preheat oven on **Convection 210°C**. Cook on **Combination: Convection 220°C + SIMMER power** for 15-20 *mins. or until golden.*

Apple Pie

Serves: 4-6

Ingredients

30ml (2tbsp) caster sugar
5ml (1tsp) cinnamon
30ml (2tbsp) sultanas
2 cooking apples, peeled, cored and sliced
15ml (1tbsp) lemon juice
350g (12oz) puff pastry

Dish: 20cm (8") pie plate
Oven Accessory: glass turntable + metal tray

1. Mix together sugar, cinnamon and sultanas.
2. Toss apples in lemon juice. Sprinkle sugar mixture over.
3. Divide pastry in half. Roll out half and line base of plate.
4. Place apple filling on top of pastry. Roll out remainder of pastry and cut to a circle for lid.
5. Seal edges, crimp and brush top with egg. Preheat oven on **Convection 210°C**. Cook on AUTO PROGRAM PASTRY – BAKE PIE. Approximate cooking time 20-24 mins. or **Combination: Convection 220°C + SIMMER power** for 20-25 mins. or until cooked.

Chocolate Eclairs

Makes: 16

Ingredients

1 quantity of choux pastry (page 78)
150ml (¼pt) whipping cream
100g (4oz) icing sugar, sieved
10ml (2tsp) cocoa powder
15ml (1tbsp) hot water

Dish: baking sheet (round)
Oven Accessory: glass turntable + metal tray + low rack

1. Place the choux pastry into a forcing bag fitted with a plain 1cm (½") nozzle. Pipe fingers 9cm (3½") long on lightly greased, slightly wetted baking sheet.
2. Pre-heat the oven on **Convection 210°C** and cook for approximately 15-20 mins. Pierce each eclair and return for a further 5-10 mins. to crisp if necessary. When cooked cool on a wire rack.
3. Whip the cream until stiff and fill the eclairs.
4. Dissolve cocoa in hot water and stir into icing sugar, beating well until smooth, add extra water if required. Ice the filled eclairs and leave until set.

Lemon Meringue Pie

Serves: 6

Ingredients

225g (8oz) shortcrust pastry
Filling:
45ml (3tbsp) cornflour
150ml (¼pt) water
2 lemons, juice and grated rind of
100g (4oz) sugar
2 egg yolks
Meringue:
100g (4oz) caster sugar
2 egg whites

Dish: 20cm (8") flan dish
Oven Accessory: glass turntable + metal tray + low rack

1. Roll out pastry to line flan dish. Prick all over with a fork. Chill.
2. Cook on **HIGH** power for 3-4 mins. or until dry.
3. Place cornflour, water and lemon juice and rind in a jug. Heat on **HIGH** power for 2 mins. Whisk until smooth. Add sugar. Cool slightly. Add egg yolks. Mix well. Pour into pastry case.
4. Whisk egg whites stiffly. Add sugar gradually – whisking after each addition.
5. Pile meringue onto lemon filling. Pre-heat oven on **Convection 190°C** and cook for 25-30 mins. until lightly browned.

Bakewell Tart

Serves: 6

Ingredients

175g (6oz) shortcrust pastry
45ml (3tbsp) jam
100g (4oz) butter
100g (4oz) sugar
2 eggs
2 drops almond essence
100g (4oz) self raising flour
25g (1oz) ground almonds
25g (1oz) flaked almonds

Dish: 23cm (9") flan dish
Oven Accessory: glass turntable + metal tray + low rack

1. Roll out pastry to line dish. Rest for 10 mins. Cook on **Combination: Grill Convection 250°C + Grill 3 + SIMMER power** for 8-9 mins. or until beginning to dry or bake blind on **Convection 210°C** for 20 mins. Spread with jam.
2. Cream butter and sugar. Gradually beat in eggs, essence and fold in flour and almonds. Spread over the jam and sprinkle with almonds.
3. Cook on **Combination: Grill Convection 250°C + GRILL 3 + LOW power** for 8 mins or until just cooked. Stand for 5 mins. before serving.

Vegetarian Sausage Rolls

Ingredients

15ml (1tbsp) sunflower oil
1 small onion, finely chopped
1 clove garlic, crushed
1 celery stick, finely chopped
75g (3oz) red lentils
50g (2oz) frozen chopped spinach, thawed
150ml (¼pt) vegetable stock
10ml (2tsp) tomato puree
3ml (½tsp) yeast extract
40g (1½oz) fresh breadcrumbs
salt and pepper
225g (8oz) pack puff pastry
beaten egg to glaze
15ml (1tbsp) sesame seeds

Dish: baking tray (round)
Oven Accessory: glass turntable + metal tray + low rack

1. Place the oil, onion, garlic and celery in a large bowl. Cover and cook on **HIGH** power for 3 mins. or until softened.
2. Add the lentils, spinach, stock, puree and yeast extract. Cook covered on **HIGH** power for 3 mins. and then 15 mins. on **SIMMER** power or until the liquid has been absorbed.
3. Add the breadcrumbs and season to taste. Allow to cool.
4. Pre-heat the oven on **Convection 220°C**, roll out the pastry into a rectangle 30cm x 15cm (12" x 6") and arrange the filling down the centre, dampen one edge of the pastry and fold over to seal.
5. Cut into 10 small rolls, glaze with beaten egg and sprinkle with sesame seeds. Bake for 15-20 mins. until puffed and golden brown.

Tarte Normande

Serves: 6

Ingredients

Pastry:
175g (6oz) plain flour
50g (2oz) caster sugar
100g (4oz) butter
1 egg

Filling
1lb plums
100g (4oz) Amaretti biscuits, crushed

Glaze
3 tbsp glacé icing

Dish: 24cm (9") flan tin
Oven Accessory: glass turntable + metal tray (+ low rack if using Convection)

1. Rub the butter into the flour and sugar, then mix to a smooth dough with the egg. Knead lightly, cover and allow to rest in the refrigerator. (Food processor can be used.)
2. Cut the plums in half and remove the stones, then press some of the crushed biscuit into the cavity in each half.
3. Roll out just over half the pastry thinly and line the flan tin. Sprinkle the remaining crushed biscuits over the base and arrange the filled plums over the top. Dampen the edges with water, roll out the rest of the pastry and fit over the top. Seal the edges together.
4. Drizzle the glacé icing (pouring consistency) over the surface and allow to rest in the refrigerator for 20 mins. Bake in a preheated oven on **Convection 180°C** for 40-45 mins. or until the top is browned and the juices bubble through, or on **Combination: Convection 200°C + WARM power** for 25 mins.

Pecan Pie

Serves: 8

Ingredients

Pastry:
100g (4oz) margarine
25g (1oz) butter
175g (6oz) plain flour
pinch salt

Filling:
3 eggs
15ml (1tbsp) milk
150ml (¼pt) maple/corn syrup
50g (2oz) butter
175g (6oz) demerara sugar
3ml (½tsp) vanilla essence
175g (6oz) pecan nuts

Dish: 23cm (9") flan tin
Oven Accessory: glass turntable + metal tray + low rack

1. Cream together fats. Gradually stir in the sieved flour and salt, to form a smooth dough and chill.
2. Place in flan tin, press mixture evenly over the base and up the sides. Pre-heat oven on **Convection 200°C** and bake blind for 15-20 mins. or until dry.
3. Beat together the eggs and milk in a bowl.
4. In a large pyrex bowl place the maple syrup, butter, sugar and vanilla essence. Cook on **HIGH** power for 2-3 mins. or until the sugar has dissolved.
5. Beat the sugar mixture into the eggs.
6. Place the pecan nuts into the pastry case and pour over the syrup mixture.
7. Cook on **Convection 150°C** for 30-35 mins. or until set.

Chicken & Stilton Pie

Serves: 4

Ingredients

25g (1oz) butter
200g (7oz) leeks, chopped
50g (2oz) plain flour
450ml (¾ pt) milk
150g (5oz) stilton
400g (14oz) cooked chicken, cubed
250g (9oz) ready prepared shortcrust pastry, chilled

Dish: 20cm (8") gratin dish
Oven Accessory: glass turntable + metal tray

1. Place the butter and leeks in a bowl, cover and cook on **HIGH** power for 4-5 minutes or until soft.
2. Add the flour, stir well then gradually add the milk and cook on **HIGH** power for 4 mins stirring throughout or until the sauce has thickened. Preheat the oven on **Convection 210°C**.
3. Finely chop the cheese and add to the sauce, mix in the chicken.
4. Grate the pastry on top of the chicken mixture and cook on **Combination: Convection 210°C + SIMMER power** for 25-30 mins. or until cooked and browned.

Desserts

Creamy Rice Pudding

Serves: 2

Ingredients

butter for greasing
225ml (8fl.oz) evaporated milk
350ml (12fl.oz) water
50g (2oz) short grain rice
25g (1oz) caster sugar

Dish: large bowl **Oven Accessory: glass turntable**

1. Butter the bowl. Mix the milk and water together. Pour into the bowl and stir in the rice and sugar. Cover.
2. Cook on **HIGH** power for 5-6 mins. or until the liquid is boiling
3. Immediately reduce to **SIMMER** power and cook for 30-35 mins. or until starting to thicken. Stir with a fork to break up any lumps after every 15 mins. and at the end of the cooking time.
4. Leave to stand for 5 mins. to thicken further before serving.

Steamed Suet Sponge Pudding

Serves: 4

Ingredients

150g (5oz) self-raising flour
pinch of salt
50g (2oz) caster sugar
50g (2oz) suet
1 egg
150ml (¼pt) milk
30ml (2tbsp) jam or golden syrup
Optional: Add 1 tbsp of sultanas.

Dish: 1 litre (2pt) pudding basin
Oven Accessory: glass turntable

1. In a mixing bowl, sift together the flour and salt. Stir in sugar and suet.
2. Make a well in the centre and add beaten egg and milk. Mix to a soft dropping consistency.
3. Put the jam in the base of the greased pudding basin and pour pudding mixture over. Cook on **HIGH** power for 5-5½ mins. until firm.

Pineapple Upside Down Pudding

Serves: 4

Ingredients

15ml (1tbsp) brown sugar
small can of pineapple slices, drained
4 glacé cherries, halved
100g (4oz) margarine
100g (4oz) caster sugar
2 eggs
100g (4oz) self-raising flour
30ml (2tbsp) milk

Dish: 20cm (8") round dish, lightly greased
Oven Accessory: glass turntable + metal tray

1. Sprinkle sugar on base of dish, arrange pineapple slices and cherry halves on top of sugar in the base.
2. Cream together the margarine and sugar until light and fluffy. Beat in the eggs gradually. Fold in the flour and mix to a soft consistency with the milk.
3. Spoon the mixture over the pineapple and cook on **Combination: Convection 170°C + WARM power** for 25-30 mins. or until cooked and golden brown. Leave to cool slightly before turning upside down on a serving plate.

Ginger & Apple Puddings

Serves: 6

Ingredients

75g (3oz) butter
100g (4oz) brown sugar
15ml (1tbsp) black treacle
100g (4oz) preserved ginger
150g (6oz) self raising flour
5ml (1tsp) cinnamon
5ml (1tsp) ground cloves
5ml (1tsp) ground ginger
3ml (½ tsp) baking powder
5ml (1tsp) bicarbonate of soda
2 eggs
150ml (¼ pt) water

Apple Sauce

1 cooking apple, peeled & sliced
25g (1oz) butter
25g (1oz) sugar
1 piece preserved ginger, chopped
45ml (3tbsp) water

Dish: 6 x 9cm (3½") ramekins
Oven Accessory: glass turntable

1. Place the butter, sugar and treacle in a bowl and melt on **HIGH** power for 1 min. Stir well.
2. Mix in all other ingredients and divide the mixture into 6 ramekins. Cook on **MEDIUM** power for 8-10 mins or until firm. Cool slightly and turn out into serving dishes.
3. Place all the sauce ingredients in bowl and cook covered on **HIGH** power for 4 mins or until soft. Mix well and pour over the puddings.

Chocolate Saucy Pudding *with toffee sauce*

Ingredients

Pudding:
75g (3oz) plain chocolate
30ml (2tbsp) milk
175g (6oz) margarine
175g (6oz) light muscovado sugar
2 eggs
175g (6oz) fresh white breadcrumbs
30ml (2tbsp) cocoa powder
Sauce:
225g (8oz) vanilla flavoured toffees
150ml (¼pt) milk
15g (½oz) butter

Dish: 1.2 litre (2pt) pudding basin
Oven Accessory: glass turntable

1. Line the base of a 1.2 litre (2pt) pudding basin with a circle of greaseproof paper.
2. Melt the chocolate with the milk on **HIGH** power for 1 min. – mix until smooth.
3. Mix the margarine and sugar together, add the cooled chocolate and eggs.
4. Add the breadcrumbs and cocoa powder and mix well. Fill the basin with the mixture and cook on **HIGH** power for 6-7 mins. or until cooked. Leave to stand for 5 mins. before turning out.
5. Meanwhile, prepare the sauce by combining all ingredients in a large jug and cook on **HIGH** power for 2-3 mins. or until smooth. Stir vigorously and pour over the pudding.

Bread and Butter Pudding — Serves: 4

Ingredients

6 slices of bread, buttered and cut in half diagonally
75g (3oz) mixed dried fruit
450ml (¾pt) milk
3 eggs
25g (1oz) caster sugar
3ml (½tsp) nutmeg

Dish: 20 x 25cm (8 x 10") oblong, greased dish
Oven Accessory: glass turntable + metal tray

1. Arrange the bread and fruit in the prepared dish.
2. Warm the milk for 3 mins. on **MEDIUM** power but do not allow to boil.
3. Beat together the eggs and sugar, add the milk, stirring well.
4. Pour the mixture over the bread, sprinkle with nutmeg and leave to stand for 15 mins. Cook on **Combination: Convection 190°C + WARM power** for 15-20 mins. or until set and browned.

Baked Apples — Serves: 4

Ingredients

4 medium sized apples
30ml (2tbsp) sugar
25-50g (1-2oz) mixed dried fruit
25g (1oz) butter

Dish: 20cm (8") shallow dish
Oven Accessory: glass turntable

1. Core the apples and score the skin around the middle.
2. Mix together the sugar and fruit and fill the centres of the apples.
3. Dot the top with butter. Stand the apples in a suitable dish and cook on **HIGH** power for 5½-7 mins. Stand for 5 mins. before serving.

NB The apples will look quite green when removed from the oven, but they should feel slightly soft when tested with a sharp knife. During the standing time, the colour will become dull and the apples will be tender. The apples will overcook very easily, so take care to undercook slightly.
For 1 baked apple cook for 2-3 mins. For 2 baked apples cook for 3-5 mins.

Apple Crumble — Serves: 4

Ingredients

675g (1½lb) cooking apples, peeled, cored and sliced
100g (4oz) demerara sugar
100g (4oz) margarine
175g (6oz) plain wholemeal flour
3ml (½tsp) cinnamon

Dish: 20cm (8") shallow casserole
Oven Accessory: glass turntable + metal tray

1. Place apple slices in dish, sprinkle with 25g (1oz) of the sugar.
2. Rub the margarine into the flour and cinnamon until mixture resembles fine breadcrumbs. Stir in remaining sugar.
3. Sprinkle the crumble over the apples to completely cover the fruit.
4. Cook on **Combination: Convection 230°C + SIMMER power** for 15-20 mins. or until golden brown and crisp.

Creme Caramel

Serves: 4

Ingredients

150ml (¼pt) water
100g (4oz) caster sugar
3 eggs
3ml (½tsp) vanilla essence
30ml (2tbsp) caster sugar
300ml (½pt) cold milk

Dish: 15cm (6") souffle dish Oven Accessory: glass turntable

1. Put water and the 100g (4oz) of sugar in a souffle dish. Cook on **HIGH** power for 2-3 mins. or until sugar has dissolved. Continue cooking on **HIGH** power for 6-10 mins. until sugar has caramelised, keeping a close watch as it can burn easily. **CAUTION** – Remove from oven very carefully (the base will be extremely hot) and cool.
2. Beat eggs, essence, caster sugar and milk together and strain over caramel.
3. Cook on **SIMMER** power for 13-15 mins. or until starting to set around edge of dish. The custard will continue to set on cooling. Refrigerate for several hours before turning out.

N.B. Individual Creme Caramels can be prepared by dividing the above ingredients between 4 individual 3½" ramekins. Dissolve sugar in the water on **HIGH** power for 1-2 mins before putting in ramekins. Cook the sugar solution for approx. 8-9 mins. on **HIGH** power, then cook the custards for approx. 11-13 mins. on **SIMMER** power.

Plum & Oat Layer

Makes: 8 slices

Ingredients

100g (4oz) butter or margarine
50g (2oz) light brown sugar
30ml (2tbsp) golden syrup
225g (8oz) rolled oats
450g (1lb) plums, stoned and thinly sliced
5ml (1tsp) ground cinnamon

Dish: 20cm (8") ceramic flan dish
Oven Accessory: glass turntable + metal tray + low rack

1. Place the butter, sugar and syrup in a bowl. Cook on **HIGH** power for 1-2 mins. or until melted. Stir in the rolled oats.
2. Spread half the oat mixture into the dish. Arrange the plums over the top in overlapping rows and sprinkle with cinnamon.
3. Sprinkle the remaining oat mixture over the plums and gently press down.
4. Cook on **Combination: Grill Convection 250°C + Grill 3 + LOW power** for 8-10 mins. or until the mixture is firm and golden brown.
5. Cut into slices while hot, then allow to cool in the dish.

Baked Lemon Cheesecake

Serves: 8

Ingredients

75g (3oz) butter
175g (6oz) digestive biscuits, crushed
5ml (1tsp) cinnamon
Filling:
175g (6oz) cream cheese
175g (6oz) cottage cheese
75g (3oz) caster sugar
25g (1oz) cornflour
1 lemon, grated rind of
150ml (¼pt) soured cream
2 eggs, separated
50g (2oz) sultanas

Dish: 20cm (8") deep Pyrex® dish, greased
Oven Accessory: glass turntable + metal tray + low rack

1. Melt butter on **HIGH** power for 1-2 mins. or until melted. Stir in biscuits and cinnamon. Press into base of dish.
2. Blend cream cheese and cottage cheese together until smooth, add sugar, cornflour, lemon rind, soured cream and egg yolks.
3. Whisk egg whites until stiff and carefully fold into the cheese mixture. Sprinkle the sultanas over the biscuit base and pour over the filling mixture.
4. Cook on **Combination: Grill Convection 250°C + Grill 3 + LOW power** for 8-9 mins. or until the filling has set and is golden brown. Chill before serving.

Pavlova

Serves: 6

Ingredients

3 egg whites
175g (6oz) caster sugar
3ml (½tsp) vanilla essence
3ml (½tsp) vinegar
15ml (1tbsp) cornflour, sieved
300ml (½pt) double cream

Dish: 23cm (9") circle baking paper, round baking tray
Oven Accessory: glass turntable + metal tray + low rack

1. Beat egg whites until very stiff, then beat in sugar gradually.
2. Fold in vanilla essence, vinegar and cornflour.
3. Spread meringue mixture over paper circle and cook in a pre-heated oven on **Convection 100°C** for 90 mins. Leave to cool. Decorate with whipped cream and top with a selection of fruits.

N.B. This will give a marshmallow type meringue. For a crisper result cook for a further 10-20 mins.

Cakes

American Cookies

Ingredients

Basic Cookie Dough:
100g (4oz) butter
100g (4oz) caster sugar
1 egg, beaten
175g (6oz) plain flour

Variations:

White Chocolate and Pistachio Nut
100g (4oz) white chocolate, chopped
50g (2oz) pistachio nuts, chopped

Marzipan and Cherry
100g (4oz) glace cherries
50g (2oz) marzipan, chopped

Peanut Butter
100g (4oz) peanuts
50g (2oz) peanut butter, crunchy

Chocolate Chunk
75g (3oz) white chocolate, chopped
75g (3oz) dark chocolate, chopped

Dish: round metal baking tray
Oven Accessory: glass turntable + metal tray + low rack

1. Cream together the butter and sugar until pale, then beat in the egg.
2. Mix in the flour until well combined and add the chosen additions.
3. Place walnut-sized spoonfuls of dough well apart on a round baking tray, flatten slightly with a fork and cook in a pre-heated oven on **Convection 170°C** for 10-15 mins. or until golden.
4. Remove from baking sheet and allow to cool on a wire rack.
5. Repeat with remaining mixture.

Boston Brownies

Ingredients

100g (4oz) plain chocolate
100g (4oz) butter
100g (4oz) soft dark brown sugar
100g (4oz) self-raising flour
10ml (2tsp) cocoa powder
pinch salt
2 eggs, beaten
3ml (½tsp) vanilla essence
100g (4oz) walnuts, chopped

Dish: 20cm (8") square dish lined with greaseproof
Oven Accessory: glass turntable + metal tray + low rack

1. Place chocolate and butter in a bowl and cook on **HIGH** power for 1 min. or until chocolate has melted.
2. Stir in all other ingredients and beat well.
3. Pour into dish and cook on **Combination: Grill Convection 250°C + Grill 3 + SIMMER power** for 6-7 mins. or until firm. Allow to cool and then cut into squares.

Chewy Flapjacks

Makes: 8 slices

Ingredients

75g (3oz) butter or margarine
30ml (2tbsp) golden syrup
75g (3oz) light brown sugar
150g (5oz) porridge oats
50g (2oz) raisins

Dish: 20cm (8") round dish
Oven Accessory: glass turntable + metal tray + low rack

1. Place butter, syrup and sugar in a bowl and cook on **HIGH** power for 1-2 mins. or until melted. Stir during cooking.
2. Stir in the oats and raisins. Press into dish. Cook on **Combination: Grill Convection 250°C + Grill 3 + SIMMER power** for 6-7 mins. Allow to cool slightly then cut into pieces, or until golden brown.

Fruit Scones

Makes: 12

Ingredients

225g (8oz) self-raising flour
pinch salt
5ml (1tsp) baking powder
50g (2oz) butter
25g (1oz) caster sugar
50g (2oz) sultanas
150ml (¼pt) milk
beaten egg to glaze

Dish: baking sheet (round)
Oven Accessory: glass turntable + metal tray + low rack

1. Sift the flour, salt and baking powder together. Rub in fat until the mixture resembles fine breadcrumbs. Add sugar and sultanas.
2. Make a well in the centre and stir in enough milk to form a soft dough.
3. Knead lightly. Pat out to 2cm (¾") thick and cut into 10 rounds with a 5cm (2") cutter. Place on baking sheet, brush with beaten egg and cook in a pre-heated oven on **Convection 210°C** for 15 mins. or until well risen and golden brown.

Gingerbread

Ingredients

225g (8oz) plain flour
pinch salt
10ml (2tsp) ground ginger
10ml (2tsp) baking powder
3ml (½tsp) bicarbonate of soda
100g (4oz) soft brown sugar
75g (3oz) butter or margarine
75g (3oz) treacle
75g (3oz) golden syrup
150ml (¼pt) milk
1 egg, beaten

Dish: 18cm (7") square tin lined with 3 layers of greaseproof paper
Oven Accessory: glass turntable + metal tray

1. Sift the flour, salt, ginger, baking powder and bicarbonate of soda.
2. Warm the sugar, fat, treacle and syrup on **HIGH** power for 30-60 secs.
3. Whisk the milk and egg together. Make a well in the centre of the dry ingredients and pour in the liquid and syrup, mixing thoroughly.
4. Pour the mixture into the cake tin and cook on **Combination: Convection 160°C + WARM power** for 30-35 mins. or until just firm.

Fruity Cream-cheese Cake

Ingredients

150g (5oz) butter
10ml (2tsp) grated lemon rind
125g packet of cream cheese
225g (8oz) caster sugar
3 eggs, beaten
100g (4oz) plain flour
100g (4oz) self-raising flour
150g (5oz) sultanas
150g (5oz) glacé cherries

Dish: 20cm (8") round cake tin, lined
Oven Accessory: glass turntable + metal tray

1. Cream together butter, lemon rind, cream cheese and sugar until light and fluffy.
2. Add eggs a little at a time beating well after each addition.
3. Fold in sifted flours, sultanas and quartered cherries. Spread mixture into tin. Cook on **Combination: Convection 160°C + WARM power** for 45-50 mins. or until cooked.

Orange Syrup Cake

Ingredients

250g (9oz) butter
225g (8oz) caster sugar
5 eggs
275g (10oz) plain flour
30ml (2tbsp) baking powder
salt
grated rind of an orange
Syrup:
125ml (4 fl.oz) fresh orange juice
15ml (1tbsp) grated orange rind
75g (3oz) icing sugar

Dish: 23cm (9") round tin, base lined
Oven Accessory: glass turntable + metal tray

1. Beat butter and sugar until light and creamy. Gradually beat in the eggs.
2. Sift the flour, baking powder and salt over the creamed mixture and lightly fold in with the finely grated rind of one orange.
3. Turn the mixture into the prepared tin and cook on **Combination: Convection 160°C + SIMMER power** for 20-25 mins. or until cooked.
4. Meanwhile, heat the orange juice, orange rind and icing sugar on **HIGH** power for 2-3 mins. or until the sugar dissolves.
5. When cake is cooked, remove from the oven. Prick all over with a skewer and pour over the syrup. Leave overnight before removing from the tin

Mincemeat and Cointreau Cake Serves: 8

Ingredients

1 tbsp Cointreau
175g (6oz) mixed dried fruit
150g (5oz) butter
150g (5oz) caster sugar
3 eggs, beaten
225g (8oz) self-raising flour
225g (8oz) luxury mincemeat

Dish: 20cm (8") round cake tin, lined
Oven Accessory: glass turntable + metal tray

1. Allow the fruit to soak in the Cointreau.
2. Cream the butter and sugar until light and creamy. Gradually add the beaten eggs, mixing well after each addition.
3. Fold in the flour with the mincemeat and soaked dried fruit.
4. Place the mixture into the greased and lined tin and cook on **Combination: Convection 160°C + WARM power** for 40-45 mins. or until cooked.

Carrot Cake

Ingredients

250g (9oz) plain flour
10ml (2tsp) bicarbonate of soda
10ml (2tsp) baking powder
10ml (2tsp) cinnamon
10ml (2tsp) nutmeg
250g (9oz) dark brown sugar
225ml (8 fl.oz) vegetable oil
3 eggs, beaten
350g (12oz) carrots, grated
75g (3oz) sultanas
Cream Cheese Topping:
75g (3oz) butter
100g (4oz) cream cheese
225g (8oz) icing sugar

Dish: 23cm (9") round tin, base lined
Oven Accessory: glass turntable + metal tray

1. Sieve the flour, bicarbonate of soda and baking powder into a bowl with the cinnamon and nutmeg.
2. Mix in the brown sugar and make a well in the centre.
3. Add the oil and beaten eggs. Beat well until all the ingredients are combined. Stir in the grated carrot and sultanas, spoon into the prepared cake tin and cook on **Combination: Convection 160°C + WARM power** for 40 mins. or until cooked and well risen. Allow to cool in the tin.
4. Cream the butter and cream cheese until smooth. Stir in sieved icing sugar.
5. Decorate the cooled cake with the cream cheese topping.

Celebration Cake

Ingredients

800g (1lb 12oz) currants
375g (13oz) sultanas
375g (13oz) raisins
250g (9oz) glacé cherries
150g (5oz) almonds, flaked
600g (1lb 5oz) plain flour
5ml (1tsp) mixed spice
5ml (1tsp) cinnamon
500g (1lb 2oz) butter or margarine
500g (1lb 2oz) sugar
½ lemon, grated rind of
9 eggs
45ml (3tbsp) brandy

Dish: 27cm (11") round tin, greased and lined
Oven Accessory: glass turntable + metal tray + low rack

1. Prepare the tin by lining with a double layer of greaseproof paper on the inside and tie a double band of brown paper around the outside.
2. Mix together all the fruit and nuts.
3. Sift flour and spices.
4. Cream the butter, sugar and lemon rind until pale and fluffy. Add the eggs one at a time, beating well after each addition.
5. Fold in half the flour using a metal spoon, then fold in the rest and add the brandy. Lastly fold in the fruit.
6. Spoon mixture into the tin and spread evenly, removing all air pockets. Make a small dip in the centre.
7. Cook in a pre-heated oven on **Convection 140°C** for 2 hrs. then reduce temperature to 130°C for 2½ hours or until cooked. To avoid overbrowning on top, cover with several thicknesses of greaseproof paper secured with cocktail sticks after 1½ hours. Leave cake to cool in tin and store wrapped tightly in tin foil for approx. 1-2 months before use.

Victoria Sandwich

Ingredients

175g (6oz) butter or margarine
175g (6oz) caster sugar
3 eggs
175g (6oz) self-raising flour

Dish: 20cm (8") cake tin, greased and lined
Oven Accessory: glass turntable + metal tray + low rack

1. Cream butter and sugar until pale and fluffy. Add the eggs a little at a time beating well after each addition.
2. Fold in half the flour, using a metal spoon, then fold in the remaining flour.
3. Spoon the mixture into the tin and level with a knife.
4. Cook in a pre-heated oven on **Convection 180°C** for 30-35 mins. or until cooked.
5. When the cake is cool, cut in half horizontally and sandwich together with cream and jam and dust with icing sugar or fill with a filling of your choice.

Chocolate Cake

Serves: 10-12

Ingredients

50g (2oz) cocoa
175g (6oz) caster sugar
100ml (3fl.oz) water
90g (3½ oz) butter
175g (6oz) caster sugar
2 eggs
15ml (1tbsp) golden syrup
5ml (1tsp) vanilla essence
15ml (1tbsp) raspberry jam
275g (10oz) plain flour
Pinch of salt
10ml (2tsp) baking powder
150ml (¼ pt) milk
Optional: chocolate icing for decoration.

Dish: 20cm (8") cake tin, lined
Oven Accessory: glass turntable + metal tray

1. Mix cocoa, 175g (6oz) caster sugar and water together in a small bowl.
2. Cream the butter and sugar together, gradually add the eggs. Beat until the mixture is light and fluffy.
3. Beat in the cocoa mixture, golden syrup, vanilla essence and raspberry jam.
4. Fold in the sieved flour, salt and baking powder. Add the milk to give a smooth dropping consistency.
5. Place in prepared tin and cook on **Combination: Convection 160°C + WARM power** for 45-50 mins. or until cooked.
6. Allow to cool before decorating with chocolate icing.

Spicy Apple Cake

Serves: 10-12

Ingredients

175g (6oz) margarine
175g (6oz) brown sugar
3 eggs
150g (5oz) wholemeal self raising flour
100g (4oz) self raising flour
Almond essence
450g (1lb) cooking apples, peeled, cored and thinly sliced
Juice of ½ a lemon
25g (1oz) brown sugar
2ml (¼ tsp) nutmeg
3ml (½ tsp) cinnamon
Slivered almonds

Dish: 20cm (8") cake tin, lined
Oven Accessory: glass turntable + metal tray

1. Cream together margarine and sugar until light and fluffy, gradually add the eggs.
2. Fold in the flours and a few drops of almond essence.
3. In a separate bowl combine apple slices, lemon juice, sugar nutmeg and cinnamon. Mix well.
4. Place ⅔rds of cake mixture into prepared tin. Arrange the drained apple mixture on top, leaving a space around the edge. Top with remaining cake mixture, sprinkle with almonds and cook on **Combination: Convection 160°C + WARM power** for 45-50 minutes or until cooked.

Streusel-topped Blueberry Muffins

Serves: 9-12

Ingredients

Streusel topping
50g (2oz) butter
75g (3oz) plain flour
30ml (2tbsp) granulated sugar
15ml (1tbsp) ground mixed spice
Muffins
225g (8oz) plain flour
15ml (1tbsp) baking powder
150g (5oz) caster sugar
3ml (½ tsp) salt
finely grated rind of ½ lemon
100g (4oz) fresh or frozen blueberries
75g (3oz) butter
110ml (4 fl.oz) buttermilk
1 egg, lightly beaten
2ml (¼ tsp) vanilla essence

Dish: 6 hole muffin tin
Oven Accessory: glass turntable + metal tray + low rack

1. Melt the butter on **HIGH** power for 10-20 secs. Combine all the streusel topping ingredients to make a soft dough and reserve. Chill.
2. Sift together the flour, baking powder, sugar and salt. Add the lemon rind and the blueberries.
3. Melt the butter on **HIGH** power for 30 secs-1 min, mix in the buttermilk, egg and vanilla essence. Lightly stir into the flour mixture and divide between 12 muffin cases or greased deep patty pans.
4. Crumble small amounts of streusel topping over each muffin and cook in preheated oven on **Convection 200°C** for 20 mins, or until browned and well risen.

Makes two batches.

Preserves – Guidelines

Making jams, marmalades and chutneys by microwave is much quicker and cleaner than using a large pan on the hob. One of the main advantages is that preserves can be made in small batches, *using fresh or frozen fruit exactly* when it suits you. If you wish to cook larger quantities than given in the recipes below, revert to the traditional hob method, using a traditional recipe.

DISH SIZE

Always use a very large Pyrex® bowl. DO NOT attempt to use jam pans or saucepans in your microwave.

COVERING

Do not cover preserves whilst cooking.

STERILIZING JARS

Jam jars can be sterilized by microwave ready for your jams. Half fill with water and heat them on HIGH power until water boils (approx. 3 mins. for 2 jars). Empty and drain upside down on kitchen paper. The jars should be warm when filled with jam.

DO NOT USE YOUR MICROWAVE TO STERILIZE BABIES' BOTTLES

DO NOT SEAL PRESERVING JARS IN YOUR MICROWAVE.

STIRRING

Keep a wooden spoon handy for stirring the jams/preserves, but DO NOT leave the spoon in the oven whilst cooking.

DO NOT LEAVE JAMS UNATTENDED DURING COOKING BECAUSE OF THE HIGH SUGAR CONTENT.

SETTING POINT

To determine whether setting point is reached, place a couple of drops of jam or marmalade on a cold saucer (put one in the fridge whilst making the jam). *Leave to cool. The jam should* wrinkle on the surface when your finger pushes across the top.

Soft Fruit Jam

Makes: approx. 1½lbs jam

Ingredients

450g (1lb) soft fruit, washed
450g (1lb) caster sugar
30ml (2tbsp) lemon juice
5ml (1tsp) butter

Dish: large bowl
Oven Accessory: glass turntable

1. Place all the ingredients in a large bowl and stir. Cook on **HIGH** power for 5 mins. (10-15 mins. if using frozen fruit), stirring occasionally. Continue to cook in one minute intervals until sugar has dissolved.
2. Wash down any sugar crystals from around the bowl.
3. Bring mixture to the boil and continue to cook until setting point is reached – approx. 15-25 mins. opening the door and testing regularly as above. Leave to cool slightly, stir then pot, seal and label.

Plum Jam

Makes: approx. 2-2½lbs jam

Ingredients

675g (1½lb) plums or damsons
200ml (7fl.oz) water
675g (1½lb) sugar
30ml (2tbsp) lemon juice
5ml (1tsp) butter

Dish: large bowl
Oven Accessory: glass turntable

1. Prick the plums and place in a large bowl with the water. Cook on **HIGH** power for 5-10 mins. or until the fruit is soft. *Add the rest of ingredients. Cook on* **HIGH** *power for 5 mins* stirring frequently.
2. Wash down any sugar crystals from around the bowl and bring to the boil on **HIGH** power. Continue to cook until setting point is reached – approx. 15-20 mins.
3. Leave to cool slightly, remove the stones, then pot, seal and label.

Lemon Curd

Makes: approx. 2lbs

Ingredients

4 lemons, grated rind and juice of
450g (1lb) caster sugar
4 eggs, beaten
100g (4oz) butter

Dish: large bowl
Oven Accessory: glass turntable

1. Place all ingredients in bowl. Mix well.
2. Cook on **HIGH** power for 1 min. Stir. Continue to cook in 1 min. stages until mixture starts to thicken, then cook for 30 secs. at a time until mixture coats back of spoon. (The eggs will curdle if overcooked).
3. The mixture will thicken on cooling. Pot into warm jars. Cover with a circle of waxed paper and a jam pot cover.

Orange Marmalade

Makes: 1½ - 2 lbs

Ingredients

450g (1lb) Seville oranges
1 lemon
900ml (1½ pts) water
450g (1lb) sugar
knob of butter

Dish: large bowl
Oven Accessory: glass turntable

1. Grate oranges and lemon ensuring all pith is left on the fruit.
2. Place the peeled fruit in a food processor and chop until the pips are broken.
3. Place and chopped mixture in a large bowl and pour over boiling water. Cover and cook on **HIGH** power for 10 mins.
4. Strain the mixture through a sieve into another bowl pressing the pulp well until all the juice is extracted. Discard the pulp.
5. Stir the shredded rind into the hot juice and cook uncovered on **HIGH** power for 10 mins until the rind is tender, stirring occasionally.
6. Stir in the sugar until dissolved.
7. Cover and cook on **HIGH** power for 8 mins. Stir in the butter and cook uncovered to setting point, 4-6 mins.
8. Leave to stand for 10 mins then pour into warmed sterilised jars.

Tomato Chutney

Makes: approx. 2lbs

Ingredients

675g (1½lb) tomatoes
225g (8oz) cooking apples, peeled and sliced
1 medium onion, chopped
100g (4oz) granulated sugar
30ml (2tbsp) tomato puree
5ml (1tsp) salt
200ml (7fl.oz) white distilled vinegar
10ml (2tsp) ground ginger
2ml (½tsp) cayenne pepper
3ml (½tsp) mustard powder

Dish: large bowl
Oven Accessory: glass turntable

1. Prick the tomatoes and place in a bowl. Cover with boiling water and leave for 5 mins. Drain. Peel off skin and roughly chop flesh.
2. Blend apple and onion in a food processor to a thick puree.
3. Combine all ingredients together in a bowl. Cook on **HIGH** power for 25-30 mins. stirring occasionally, or until the mixture is thick with no excess liquid.
4. Leave to stand covered for 10 mins. then stir and pour into sterilized jars. Cover and label.

Piccalilli

Makes: 3½lb

Ingredients

225g (8oz) aubergines, chopped
225g (8oz) frozen cauliflower florets
225g (8oz) frozen diced mixed peppers
225g (8oz) frozen courgette slices
100g (4oz) onion, chopped
175g (6oz) salt
1.5 litre (3pt) water
75g (3oz) sugar
10ml (2tsp) dry English mustard powder
3ml (½tsp) ground ginger
450ml (¾pt) white vinegar
30ml (2tbsp) plain flour
5ml (1tsp) turmeric

Dish: large bowl
Oven Accessory: glass turntable

1. Dissolve the salt in the water. Place vegetables in a bowl and pour water over. Leave for 24 hours.
2. Drain and thoroughly rinse the vegetables in cold water. draining well.
3. Mix together the sugar, mustard, ginger and 300ml (½pt) of the vinegar. Add the vegetables and mix well. Cover and cook on **HIGH** power for 15 mins.
4. Blend the flour and turmeric with the remaining vinegar and stir into the mixture. Cook uncovered on **HIGH** power for 5 mins.
5. Fill warmed sterilized jars with the mixture. Cover and seal.

Bread

The main advantage of using the microwave when making bread is that the dough can be proved by microwave as long as microsafe dishes are used.

TO PROVE DOUGH

Use Multi-stage function program to prove on **HIGH** power for 10 secs. **STAND** for 10 mins. then **HIGH** power for 10 secs.

Leave in oven until dough has doubled in size.

NB: If cooking on Convection or Combination and using metal loaf tins, prove on Convection 40°C NOT by microwave.

The microwave is also useful for defrosting and warming frozen bread products, taking individual slices or items from the freezer as required.

Traditional hard crusted breads and rolls cannot be cooked successfully in the microwave because of its moist heat.

However, they can be cooked by Combination in ½ - ¾ of the conventional cooking time whilst retaining a browned crisp traditional appearance.

It is necessary to preheat the oven on **Convection 210°C** before selecting a combination setting.

Standard Bread Dough

Makes 2 loaves *or 12 rolls*

Ingredients

450g (1lb) strong plain flour
1 sachet dried yeast
5ml (1tsp) salt
15g (1tbsp) fat
300ml (½pt) warm water

Dish: 2 x 450g (1lb) loaf tin, lightly greased
Oven Accessory: glass turntable + metal tray

1. In a large bowl, combine the flour, yeast and salt. Rub in the fat.
2. Add the warm water then mix to a dough.
3. Turn onto a floured surface and knead for 10 mins. Divide into two and place in a loaf tin until the dough has doubled in size in a warm place or on **Convection 40°C** (see page 24). To prove by microwave, see instructions above. Pre-heat the oven on **CONVECTION 210°C**.
4. Cook on **Combination: Convection 220°C + SIMMER power** for 10-12 mins.

   Repeat with second loaf.

Wholemeal Bread

Use 225g (8oz) each of wholemeal and strong white flour.

Granary Bread

Use 450g (1lb) granary flour instead of strong white flour.

Picnic Plait

Serves: 6

Ingredients

225g (8oz) streaky bacon, chopped
1 small onion, finely chopped
½ quantity of bread dough
100g (4oz) cheddar cheese, grated
1 medium tomato, sliced
Glaze:
1 egg, beaten

Dish: round baking tray
Oven Accessory: glass turntable + metal tray

1. Combine bacon and onion in a small bowl, cover and cook on **HIGH** power for 2-3 mins. or until soft. Drain.
2. Roll dough to 25 x 30cm (10 x 12") rectangle. With a sharp knife make diagonal slits down the long sides at 2.5cm (1") intervals, leaving the centre 7.5cm (3") uncut.
3. Layer filling ingredients along centre of dough, season and fold up alternate strips of dough to form a plait. Seal well at ends.
4. Brush with beaten egg and leave to prove in a warm place or on **CONVECTION 40°C** (see page 24). Pre-heat the oven on **CONVECTION 210°C.** Cook on **Combination: Convection 220°C + SIMMER power** for 15-20 mins. or until golden brown.

Traditional Sunday Lunch for 4

Menu

Roast Beef
Gravy
Yorkshire Puddings
New Potatoes
Cauliflower, Peas

Apple Pie

Time Plan

11.00am	Prepare and cook apple pie.
12 noon	Parboil potatoes.
12.12pm	Cook cauliflower and peas.
12.35pm	Put beef in oven to cook. Make Yorkshire batter.
1.25pm	Take beef out of the oven – tent in foil and leave to stand.
1.30pm	Cook Yorkshires. Carve meat.
1.50pm	Prepare gravy and cook. Reheat vegetables.
2.00pm	Place Apple Pie in oven to warm through.

STEP BY STEP

Apple Pie

Prepare and cook Apple Pie – see page 79

Potatoes

Prepare 900g (2lb) new potatoes. Place in a medium casserole dish with 150ml (¼pt) of water. Cover and cook on **HIGH** power for 18-20 mins. or until boiled and cooked. Drain and leave to one side.

Vegetables

Cut 1 medium sized cauliflower into florets. Place in a medium casserole with 90ml (6tbsp) water. Cover and cook on **HIGH** power for 12 mins. or until cooked.

Place 225g (8oz) frozen peas in a suitable sized dish. Cover and cook on **HIGH** power for 5 mins. Drain and add to the cauliflower in a microsafe serving dish. Leave to one side.

Meat

Place 3-4lb joint of beef on low rack on metal tray + splashguard and cook on AUTO PROGRAM BEEF. When cooked remove meat from oven and tent in foil and keep warm.

Spoon off 45ml (3tbsp) of meat juices into a jug for gravy.

Place 10ml (2tsp) oil in 4 individual Yorkshire Pudding tins. Place on low rack on metal tray and preheat oven on **Convection 220°C.**

Once oven has preheated pour Yorkshire batter into heated oil in tins. Cook for 20-25 mins. or until Yorkshires are well risen and browned.

To Serve:

Remove Yorkshires on metal tray from oven. Reheat vegetables and make gravy using **HIGH** power.

Yorkshire Puddings

Serves: 4

Ingredients

100g (4oz) plain flour
pinch salt
2 eggs
300ml (½pt) milk

Dish: Individual Yorkshire tins
Oven Accessory: glass turntable + metal tray + low rack

1. Place flour and salt in a mixing bowl. Make a well in the centre and break in eggs.
2. Beat eggs into flour and gradually add milk, beating well until smooth. Stand until required.
3. Divide 10ml (2tsp) oil between 4 individual Yorkshire Pudding tins. Place on low rack on metal tray and preheat oven to **Convection 220°C.**
4. Pour batter into heated oil in tins and cook for 20-25 mins. or until well risen and brown.

Pork and Wine Casserole

Ingredients

15ml (1tbsp) oil
1 small onion, chopped
1 small carrot, chopped
1 stick celery, chopped
150g (5oz) lean shoulder of pork, diced
25g (1oz) sliced mushrooms
75ml (5tbsp) hot chicken stock
60ml (4tbsp) dry white wine
salt and pepper
10ml (2tsp) cornflour

Dish: small casserole **Oven Accessory: glass turntable**

1. Place oil, onion, carrot and celery in casserole dish. Cover and cook on **HIGH** power for 2 mins. or until the vegetables are soft.
2. Add pork, mushrooms, stock and wine. Cover and cook on **HIGH** power for 3 mins.
3. Stir and continue cooking on **LOW** power for 20 mins. or until the meat is tender.
4. Blend cornflour with a little water and stir into casserole.
5. Cook on **HIGH** power for 1 min. or until gravy has boiled and thickened. Stir occasionally. Season to taste.

Steak and Kidney Pudding

Ingredients

Pastry:
100g (4oz) self-raising flour
50g (2oz) suet
pinch of salt
cold water to mix
Filling:
392g (14oz) can steak and kidney pie filling

Dish: 2 teacups **Oven Accessory: glass turntable**

1. Mix pastry ingredients to form a soft dough. Divide in two. Roll each half into a 15cm (6") circle.
2. Cut a segment from each circle, set aside. Use remainder to line two teacups. Reshape the segments and roll into two circles to make lids.
3. Place meat and kidney from the pie filling into the cups (saving as much gravy as possible to prevent boiling over).
4. Wet the edges of the pastry and put on the lids. Seal well and prick the tops with a fork. Stand on a plate and cook on ***MEDIUM*** power for 4-5 mins. or until the pastry looks dry. Stand for 3 mins. before turning out. Serve with reheated gravy.

Steamed Sponge Pudding

Ingredients

25g (1oz) margarine
25g (1oz) caster sugar
1 egg, beaten
50g (2oz) self-raising flour
30ml (2tbsp) jam

Dish: small pudding basin **Oven Accessory: glass turntable**

1. Beat together the margarine, sugar, egg and flour until smooth.
2. Place the jam in the base of the basin. Top with sponge mixture.
3. Cook on **MEDIUM** power for 2-2½ mins. or until it has just dried in the centre. Leave to stand for 3 mins. before turning out.

Fruity Semolina

Ingredients

1 small cooking apple, peeled, cored and sliced
15ml (1tbsp) caster sugar
150ml (¼ pt) milk
15ml (1tbsp) semolina
To decorate:
5ml (1tsp) demerera sugar
pinch cinnamon

Dish: small basin and large jug
Oven Accessory: glass turntable

1. Place apple slices in a bowl. Cover and cook on **HIGH** power for 2-3 mins. or until apple is soft. Add 1tsp sugar. Beat well.
2. Stir milk and semolina in a jug. Cover and cook on **HIGH** power for 2 mins. or until boiling. Stir frequently.
3. Continue cooking on **SIMMER** power for 3 mins. or until mixture has thickened.
4. Stir in the remaining sugar to taste.
5. Place the apple puree in a serving dish. Pour over the semolina and sprinkle with demerera and cinnamon before serving.

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